

## **The Joy of Repentance – Psalm 32**

1. How would you define repentance?
2. Repentance is often perceived negatively – why do you think that is?

### **Read Psalm 32**

3. The psalm expresses praise and thanksgiving for God's gift of forgiveness and the blessedness, the wholistic flourishing that repentance brings. To do so it must necessarily speak about sin. What do vs. 3-4 tell us about sin and its results? Does this ring true in your experience?
4. God invites us to turn away from sin, because he loves us for sin is destructive to us, to our relationships, to our world. Why is it so hard to believe this truth? What obstacles have you faced in believing that sin is destructive?
5. The psalm invites us to consider two approaches to our sin. The first is to cover it over ourselves. In the sermon Tim mentioned many ways we try and do this – we blame, justify, defend, overwork, deny, medicate, uncover others – which covering do you most resonate with and why? What is the result of covering over our sin in this way? How does it impact us and our relationships?

6. (vs. 5) How would you define repentance from this verse? (transgression = rebellious self assertion, sin = conscious or unconscious acts that miss the mark of what God intended, iniquity = an action with an intent to do wrong). How does this compare with your answers from question 1?
  
7. From the psalm what are the results of experiencing God's lavish forgiveness through repentance?
  
8. How does the work of Jesus on the cross help us to understand more of God's lavish forgiveness and lead us to genuine and joyful repentance?