

PSALMS: Week 4 – Wrestling with a Conscience

Open in Prayer

Welcome/Introductions/Cast Vision

Remind the Grow Group of the ground rules

Share context of the story *[Provide context by sharing the information below.]*

Psalm 32 is characterized as a hymn of thanksgiving in which the worshippers give thanks to God because their sins have been forgiven. The psalm flows from David's anguish as he suffered under the weight of his own guilt. It then flows into a theme of happiness concerning the sin for which he had been forgiven. David writes, the one "who trusts in the Lord, lovingkindness shall surround him."

Tell the story – Psalm 32 *[Have someone tell the story.]*

Rebuild the story *[Group members tell the story together based on what they remember.]*

Read the story out loud *[Read the scripture passage to see if anything was added or omitted.]*

Discuss these questions:

1. What do we learn about God from this passage? *[Only God can forgive our sins; the Holy Spirit brings conviction to our hearts (John 16:8); if we confess our sins, God is faithful and just to forgive us of our sins and cleanse us from unrighteousness (1 John 1:9); God calls us to confess our sins to each other (James 5:16); God is our Deliverer; God is our hiding place; God's love surrounds His children; God will lead us into paths of righteousness (verse 8); etc.]*
2. What do we learn about Man/Us from this passage? *[When I keep my sin secret, I feel miserable; the joy of the Lord should be my strength; my pride prevents me from confessing my sin to the Lord and to others; I act like I can keep my sin hidden from God; I wrongfully think that my secret sin does not hinder me from fully living for the Lord; it's often during difficult times that I reach out to God; the spiritually lost are blinded to their urgent need for a relationship with God; etc.]*
3. What is God saying to you specifically through this passage as it pertains to your life, marriage, family, and work?
4. In light of what you've learned today, what do you need to do to obey God?

Other questions specific to this passage:

1. Has there been a time in your life when you were running away from a relationship with God or His will for your life? Why did you run? What was the end result?
2. Is it hard for you to express joy?

Assign next week's passage – Psalm 46 *[Ask someone to tell the story next week.]*

Close in Prayer

PSALMS: Week 4 – Leadership Coaching

The purpose of this page is to help you sharpen your skills as a Grow Group leader. Each week, we will include concepts, challenges, and resources designed to assist you as you lead and shepherd your Grow Group and grow as a disciple yourself.

Leading *[learn to facilitate your group more effectively]*

There is power in follow-up questions. Every week, we provide you with questions that help you lead those in your Grow Group through the head, heart, and hands method. Often people in your group will respond, and as a leader, you know there is more that they need to share. Rather than letting these moments slip by, press into the person by asking a follow-up question. Follow-up questions could include, “What makes you say that?” or “Why do you think that?” These questions allow someone to process their thoughts in a deeper manner and provide more authentic communication. The goal of group time is not simply finding a correct answer to the questions provided. Rather, we seek for our people to interact so deeply with the truths of Scripture that they are changed.

Shepherding *[know the sheep, feed the sheep, lead the sheep, protect the sheep]*

Don't forget the strays. It is easy after members have missed a few weeks to feel awkward about contacting them. Take time out of your week to connect with those who may have disconnected from your group. Let them know about your groups summer plans and that you want them to be a part. It is easy for people to slide out unnoticed, especially for groups taking a break over the summer. Let's do our part to make sure this doesn't happen.

Developing *[grow as a disciple yourself]*

Growth requires resistance. Before we can grow in strength, we must exercise with weights. Before we can grow in knowledge, we must study. Before we can grow spiritually, our faith must be challenged. James helps us see that resistance (or trials) are gifts from God to help deepen our faith and prepare us for how God wants to use us in the future. James makes it clear that temptations are not trials. God will not tempt you to sin in order to mature you in your faith. Rather, James places the responsibility of giving in to sin on our shoulders. We are to flee from sin and embrace trials.

Read James 1 and reflect upon the following:

- Can I identify and lean in to a current trial that God wants to use to develop my character?
- What is a temptation that I must flee from so I do not give in to sin?