



SESSION 2

Finding Forgiveness

HOW DID IT GO?

Key Ideas: The Book of Psalms begins by engaging the good life. What is it? How can we live it? How would we know it if we were?

- Based on Curtis' sermon on Psalm 1 (8.4.24), how do you define the good life?
- Psalm 1 starts by telling what someone living the blessed or happy life does not do: they reject bad ideas, bad actions, and bad company. How good are you at rejecting these things? What are strategies that help?
- Psalm 1 says that the blessed or happy person delights in God's Word. How are you at allowing God's Word to guard you and guide you into happiness? What are ways to meditate on Scripture with a sense of joy rather than a sense of duty or legalism?

READ ALOUD | PSALM 32

Head | 15–20 Minutes

Observe the text and the author's main points

- What happens to David when he does not confess his sin?
- What happens after David confesses his sin (verse 5), and how does he respond in verses 6 and 11?
- What does it take to be surrounded by the Lord's unfailing love (verse 10)?

Heart | 15–20 Minutes

Envision how the text—when applied—might transform your inner life in terms of your thoughts, attitudes, and behaviors

- When you read about what God does when we confess our sins, is it hard or easy to confess your sin? Why?
- How does unconfessed sin impact you and your overall well-being? Do your "bones waste away," recognizing the weight of sin?
- Discuss how greater trust in God's work makes confession easier.

Hands | 10 Minutes

Apply the text by moving from inward reflection to outward action looking for ways to live the text out in our lives to serve others.

Reaching Upwards: Growing in Your Relationship with God

- Is there a sin that's been wearing on you this week? Consider reaching out to a friend to share in confession and prayer, celebrating the work God has done to give you freedom.
- Watch the music video "Your are More" by Tenth Avenue North on YouTube. Discuss your reaction to the video, and remind each other that, in spite of our sin, we are made new in Christ.
- Read and meditate on the psalm we will be studying next week: Psalm 8. What is your first impression of this psalm? How is it different from and similar to Psalms 1 and 32? What do you learn about God from these psalms?

Reaching Outward: Investing in Your Neighbors

- Is now the time to confess a lingering sin to someone you have wronged? Consider reaching out, asking for forgiveness, and seeking reconciliation.
- Remembering how you have been forgiven, is there someone in your midst that you need to forgive? Consider reaching out, forgiving, and expressing to your neighbor how God has forgiven you.
- **Back to School** - Many of our Mission Partners have initiatives to support children returning to school. For how to participate in community service projects or other charitable activities, go to fpchouston.org/serve/ways-to-serve/upcoming-opportunities or contact Madi Weir, Missions Coordinator, at mweir@fpchouston.org.

Reaching Beyond

- **August 16-26** - FPC staff and covenant partners will travel to Gaba, Uganda to speak at and attend a conference, visit a sister village, and connect with friends from Africa Renewal Ministries (ARM). Would you pray for the following:
 - For team members as they make their final preparations for the trip;
 - That the team will be an encouragement and blessing to all;
 - For good health and stamina throughout the travel and time in Uganda;
 - For safety and protection;
 - For God to use each team member in unique and special ways;
 - For each team member to be sensitive to the leading of the Holy Spirit;
 - For all hearts to be softened through prayer and reflection;
 - For the love and gospel of Christ to shine.
- **August 17** - Volunteer for the Prestige Learning Institute's Fall Semester kickoff! This is a fun day to support immigrant and refugee families and commemorate the start of a new school year. To volunteer for this FPC Local Mission Partner and enjoy a day filled with great food and programs, email volunteer@prestigeinstitute.org or contact Madi Weir, Missions Coordinator, at mweir@fpchouston.org.