

SCC Small Group Discussion
In Rhythm: Lessons from Psalms
Psalm 32 – Washing Away Guilt

Derived from a sermon on November 1, 2026 by Dr. Jeff Chandler

Getting Started:

What picture comes to mind when you hear the word “mercy”? What does it feel like to be the recipient of mercy?

Searching the Scriptures:

Psalm 32

1. Have you ever confessed a sin to someone and had a different response from them than you expected?

2. Psalm 32:1-2 speaks of the joy and blessing of forgiveness. Can you share a time when you experienced the relief and joy of being forgiven?

3. Discuss this idea: Once God forgives our sin, he forgives our sin. God’s Word assures us we are forgiven when we confess our sin (1 John 1:9).

4. In Psalm 32:3-4, David talks about the physical and emotional effects of keeping silent about his sins. How does this resonate with your own experiences?

5. Have you ever carried guilt about something for an extended time and felt the heavy hand of God?
6. In Psalm 32:8-9, God promises guidance and instruction. How have you experienced God's guidance in your life?
7. The Psalm ends with a call to the righteous to be glad and rejoice. How can this Psalm help us find joy in the midst of our struggles with sin and guilt?

Applying the Scriptures:

Can you think of an opportunity you have to show mercy and forgiveness this week? What could you do to move that forward?

When you think about God's knowledge of you, your thoughts and actions, your past and future, do you feel more of a sense of security or insecurity? What does that tell you about your understanding or belief about God?

Get discussion questions in word format & link to Bible App plan for this week at www.sequimcommunitychurch.org/downloads