

WEEK 3: WHEN MY SHAME HAUNTS ME

GROUP DISCUSSION GUIDE

PREPARE

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MAIN POINT

David, the one called “a man after God’s own heart,” ruined his life and the lives of others when he rebelled against God and committed adultery, murder, and an elaborate cover-up. He thought he covered his sin, but God saw it all and sent the prophet Nathan to confront him. David repented, came back to God, and prayed an amazing psalm celebrating God’s grace and mercy. The psalm is quoted by the apostle Paul in the book of Romans to help us understand the depth of God’s grace and forgiveness. Our sins are covered, removed, and not charged to us any longer because they are charged to Jesus—if we trust in Him.

LEAN IN BREAK THE ICE

As a kid, what was your go-to hiding spot for hide-and-seek—and how often did it work? Or, if you have kids, do any of your kids have a really awesome hiding spot when they play hide-and-seek?

LOOK DOWN LOOK AT GOD’S WORD

Read Psalm 32

In verses 1-2, what three different words does David use for wrongdoing? What three things does he say God does in response?

Verse 2 uses accounting language—the LORD "does not charge" iniquity. What does that suggest about how sin is recorded, and what it means for it to be wiped off the books?

In verse 5, find the three ways David describes his confession and the one thing God does in response.

**LOOK OUT
IDENTIFY THE
RELEVANCE OF GOD'S
WORD IN THE WORLD**

It seems like we have fallen in love with shaming people in our culture today. More specifically, kids and teens are growing up with every mistake potentially documented, screenshotted, and shared—shame is a defining feature of their world. What would it mean for the young people in our church to encounter adults who can say from experience that sin can be "covered" (v. 1) rather than exposed?

**LOOK IN
APPLY GOD'S WORD
TO YOUR LIFE**

David said, "I will confess my transgressions to the LORD," and found forgiveness—not condemnation (v. 5). What keeps you from that kind of honesty with God? With trusted people in this group?

If this psalm has surfaced something heavy—guilt, shame, or a pattern you can't break alone—would you take a next step this fall, whether that's Care and Recovery, Rooted, or something else?