

## INTRO

- What's one thing you look forward to as spring approaches?

The Lenten season is a time of personal housecleaning of our interior world marked by reflection, repentance and returning to God with all our heart. This series aims to embrace that.

## READ

Psalm 32

## REFLECT &amp; RESPOND

Lent is meant to be a time of reflection and repentance — a renewed awareness that sin separates us from God, and of what it cost Him (the cross) to be reunited with us.

Psalm 32 can guide us to ponder our humanity, grieve our sinfulness, and give thanks for God's gracious gift of forgiveness through Jesus.

**The Good Life - Verses 1-2**

"Blessed is the one whose transgression is forgiven, whose sin is covered." — ESV

"What joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty." — NLT

*Qu: What comes to mind when you read the word "blessed"? Is repentance (turning from our sinful ways and towards God) and forgiveness the first thing you think about?*

This Psalm teaches us that the blessed life is a life of forgiveness and honesty — honesty about our sin — and repentance.

Tim Keller writes, "Sin isn't only doing bad things; it's more fundamentally making good things into ultimate things. Sin is building your life and meaning on anything, even a very good thing, more than on God. Whatever we build our life on will drive us and enslave us."

**The Honest Life - Verses 3-7**

Behold, You desire truth in the innermost being. — Ps 51:6a NASB

Sometimes it's the everyday things of life that, frankly, can be more important to us than God —

- maybe it's money and possessions
- or your work or career or your studies
- maybe it's your spouse or family or children
- or your work or career or your studies
- or what you do for pleasure, gratification or comfort

*Qu: If the blessed life is a life of honesty, of forgiveness, and repentance, why is it so hard to admit our sin? Is there something from the list above that can easily become the focus of your heart?*

**Some Good Advice - Verses 8-11**

"Let me give you some good advice; I'm looking you in the eye and giving it to you straight." — The Message

The Psalmist starts the Psalm with a picture of the blessed life. Then he tells of his road to get there: confession and forgiveness. He concludes with advice: "Don't be ornery like a horse or mule that needs bit and bridle to stay on track." And a beautiful reminder, "Steadfast love surrounds the one who trusts in the Lord."

*Qu: How does God cover our sins? This Psalm was written centuries before the life, death and resurrection of Jesus. What do we know now about God's forgiveness?*

(Ephesians 2:8-9, 2 Corinthians 5:21, I Peter 2:24, Romans 5:8)

## PRAY

- Pray that we could, like the Psalmist wrote, see, acknowledge and confess our sin.
- Pray that in the weeks ahead as we prepare to celebrate the resurrection of Jesus on Easter Sunday, we would take time for reflection, repentance and drawing near to God.