

It's a cover up! In our desire to put forward the best image possible, we often sweep our real selves under the rug. This deception leads us to internal struggle and fear that can ultimately control our lives. As we discussed in the weekend service, you don't have to cover up your secrets; they are already covered. It is far better to live in the light than hide things in the dark. In this study, we will revisit Psalm 32 and discuss why confession is so powerful and how to embrace it.

What Do You Think?

- Why do we feel the need to cover up our mistakes? Does it work?
 - What effect do our secrets have on us, both internally and externally?
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“For when I kept silent, my bones wasted away through my groaning all day long.” Psalm 32:3 (ESV)

What Does God Say?

- **Read Psalm 32:3.** David is discussing the internal consequences of his sin, although there were external consequences as well. What are some of the consequences for us of keeping secrets?
 - **Read Psalm 32:4.** Is guilt good or bad? What about shame? Conviction? What is the difference and how do you balance it with a verse like Romans 8:1?
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“I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin.” Psalm 32:5 (ESV)

- **Read Psalm 32:5-6.** Think about the moment of confession between a person and God or another person. Why is it so powerful?
- **Read Psalm 32:7.** What does it mean for God to be our hiding place? What do you see at the heart of this verse? Can we be a hiding place for other people?

What Will You Do?

- Is there a secret you need to confess? It may or may not be something you want to share with the group, and you don't have to give details, but is there something in your life that needs to get dragged out of the dark and into the light?
- What can you do in your relationships (maybe in this group) to create a safe atmosphere for honesty and authenticity? Are there any barriers you are creating or allowing?
- We are approaching the anniversary of the beginning of REACH. How does creating an atmosphere of honesty play into our ability to "reach the one?" What can we do to make this even stronger in our church as we REACH more and more people for Christ?