

**“The Spiritual Disciplines: Confession”
Psalm 32 & James 5:16**

Of David. A maskil.

- ¹ Blessed is he
whose transgressions are forgiven,
whose sins are covered.
- ² Blessed is the man
whose sin the LORD does not count against him
and in whose spirit is no deceit.
- ³ When I kept silent,
my bones wasted away
through my groaning all day long.
- ⁴ For day and night
your hand was heavy upon me;
my strength was sapped
as in the heat of summer. *Selah*
- ⁵ Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, “I will confess
my transgressions to the LORD”—
and you forgave
the guilt of my sin. *Selah*
- ⁶ Therefore let everyone who is godly pray to you
while you may be found;
surely when the mighty waters rise,
they will not reach him.
- ⁷ You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance. *Selah*
- ⁸ I will instruct you and teach you in the way you should go;
I will counsel you and watch over you.
- ⁹ Do not be like the horse or the mule,
which have no understanding
but must be controlled by bit and bridle
or they will not come to you.
- ¹⁰ Many are the woes of the wicked,
but the LORD’s unfailing love
surrounds the man who trusts in him.
- ¹¹ Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!

Psalm 32 (NIV)

*“Therefore confess your sins to each other and pray for each other
so that you may be healed. The prayer of a righteous man is powerful
and effective.”*
James 5: 16

Questions for personal or small group study and reflection:

1. *“...Woe is me! For I am lost; for I am a man of unclean lips,
and I dwell in the midst of people of unclean lips...”* Isaiah 6:5
*“It is only in the presence of the ultimate reality of God that the
reality of man, as it actually is, is fully revealed”* Artur Wiser
- What does these statements mean to you?
2. *“We boast of what we are giving because it hides what we are
withholding”* Brennan Manning
- Is this a true and/or fair statement?
- What do you boast about in the privacy of your home?
- Is there anything the you withhold from God and his people?
3. *“If we say we have no sin, we deceive ourselves, and the truth is
not in us. If we confess our sins, he is faithful and just to forgive
us our sins and to cleanse us from all unrighteousness. If we
say we have not sinned, we make him a liar, and his word is not
in us.”* 1 John 1:8-10
- When is the last time you had a good confession with God?
- How did it happen? What lead you to the place of confession?
- Why confess to people if you confess to God?