**Leader Copy | Coming Clean | January 18, 2017**

**Creational Text – Large Group**

 **Intro activity – Confession Kid Meme**

 **Hunting story – dirty arrows**

When I was a kid bowhunting was a big deal in my family... (story about missing 3 times and having to 'fess up)

King David, the writer of Psalm 32, has bigger issues than misunderstandings and a couple dirty arrows, and I suspect you do too. We all have sin in our lives; sometimes tough, painful sins. But David found out that covering up his mistakes was more damaging than coming clean before God. Especially because God is eager to forgive and remove our guilt and shame. We'll talk more about that even next more next week.

**Creational Text – Small Group**

Did you ever have any embarrasing misunderstandings as a kid? Did you ever confess? If so, how did it go?

 Have you ever had to "tattle" on yourself; admit you did something silly? Were you glad you did it? How did you feel afterward?

**Scriptural Text – Small Group**

**Psalm 32**

Of David. A maskil.

1 Blessed is the one

 whose transgressions are forgiven,

 whose sins are covered.

2 Blessed is the one

 whose sin the Lord does not count against them

 and in whose spirit is no deceit.

How does David describe what God does with his sin?

 *Forgiven, covered, doesn't count against us, spirit is cleaned of 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 on me;

my strength was sapped

 as in the heat of summer.

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.

In the past, how did David deal with his sin?

 *Kept silent, didn't acknowledge his sin*

What happened as a result?

 *He suffered (bones wasted away, groaning, strength was sapped)*

What did David do that changed his relationship with God? *He acknowledged his sin and didn't cover it up. - He confessed.* How did it change? *God forgave him*

6 Therefore let all the faithful pray to you

 while you may be found;

surely the rising of the mighty waters

 will not reach them.

7 You are my hiding place;

 you will protect me from trouble

 and surround me with songs of deliverance.

8 I will instruct you and teach you in the way you should go;

 I will counsel you with my loving eye on 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 one who trusts in him.

11 Rejoice in the Lord and be glad, you righteous;

 sing, all you who are upright in heart!

In this section David goes beyond himself an opens an invitation to everyone.

What does he invite people to do?  *Pray to god, confess, don't be stubborn*

What does he promise God will do? *Protect us, instruct us, teach us, surround us with his love*

**Connections – Small Group**

* Before David confessed he felt like his bones were wasting away and he was sapped of strength. Have you ever had physical symptoms from guilt or hiding a sin? What was it like?
* Why might it be hard for us to confess our sins to each other and even to God? *We are ashamed of what we've done, we are proud of ourselves and what we can do, admitting our vulnerabity is admitting weakness, we are afraid of what others might think, we think we don't make mistakes....lots of reasons..*
* How can we "come clean" with God? In what ways can we confess? *Pray silently to God; share with another person; admit to another person we screwed up and ask for forgiveness, tell a parent, friend, or pastor; read scripure about confession, sing/cry out to God for help*

Prayer - Spend 2-3 mintues in silent prayer. Thinking about laying your mistakes, thoughts and concerns at the feet of God.

After a while, read:

**I John 1:9**

9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

Next week we are going to study Psalm 103. Read verses 12 and 13 together out loud

Psalm 103: 12-13

12 as far as the east is from the west,

 so far has he removed our transgressions from us.

13 As a father has compassion on his children,

 so the Lord has compassion on those who fear him;