

Life Lessons  
from Book of Psalms

## LESSON 5: FORGIVENESS

### REFLECTION

Begin your study by sharing thoughts on this question.

**1. Think of a time when you received forgiveness from a friend. How did you feel?**

### BIBLE READING Psalm 32:1–11

<sup>1</sup> [Of David. A maskil.]

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.

**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.

**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!

## **DISCOVERY**

Explore the Bible reading by discussing these questions.

**2. Why do you think people try to hide their sins from God?**

**3. What happens when people try to hide their sins from God?**

**4. How can people find relief from guilt?**

**5. How does God respond to those who repent?**

**6. How does God want people to react to his correction?**

## **INSPIRATION**

To say “I believe in Jesus” is not enough. You must be willing to acknowledge Him as the most important person in your life. You must be willing to say, “I will do what He wants me to do above all else and above any demands that others may place upon me.” If you will make that decision, I have great news for you—I can promise you a very positive self-image. When Jesus is the most

important person in your life, you will soon come to define yourself in the same way that Jesus defines you. You will begin to think of yourself as He thinks of you. And here is more good news: Jesus thinks you're great! He thinks you're terrific. He really does.

You say, "Not me, Tony. You don't know me or the sin in my life. There are things that I can never tell you. If you knew them it would cause you to view me with contempt."

We could compare horror stories. You could tell me how rotten you are and I could tell you how rotten I am and we could try to see which of us is worse. Both of us would end up in despair. But that's not what Jesus wants us to do. He wants us to realize that once we accept Him as our Savior and Lord, we stand before Him as perfect people. That's right! When Jesus looks at me, He doesn't see anything wrong with me at all. In the words of Scripture, "I'm clothed in His

righteousness.” The Bible says that my sin is blotted out. It is buried in the deepest sea; it is remembered no more.

*(From It's Friday, But Sunday's Comin' by Tony Campolo)*

## **RESPONSE**

Use these questions to share more deeply with each other.

**7. What keeps people from accepting God's forgiveness?**

**8. When have you experienced God's forgiveness?**

**9. In what ways should this affect your relationships with others?**