

Forgiveness

Psalm 32

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does David say happens when he stays silent, and what happens when he confesses?

2. What does it show me about people — and about myself?

What have you been carrying silently instead of bringing to God?

3. What will I obey this week? (a concrete step, with a day)

What is one thing you will confess to God this week, trusting his forgiveness?

4. Who will I tell?

Who needs to hear that God forgives freely and covers their guilt?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

✦ Pray

God, thank you that you cover sin instead of counting it. Help me stop hiding and bring what I have buried into your light.
