



2. PENITENCE

Sermon Notes

Text: Psalm 38

Intro:

The Psalms are an invitation to pray

The Psalms teach us that we're not supposed to stuff our feelings, but we're also not supposed to let our feelings control us; we're supposed to pray our feelings.

Penitence: the action of feeling or showing sorrow and regret for having done wrong; repentance.

Regret: feel sad, repentant, or disappointed over (something that has happened or been done, especially a loss or missed opportunity).

Or: a feeling of sadness, repentance, or disappointment over something that has happened or been done.

Psalm 38

1. Suffering

Romans 5:3-4

we should draw **close** to those who are suffering, **help** them, **serve** them, and **comfort** them

Psalm 34:18

call for God's help in our suffering

2. Regret

We should take our **sin** seriously, but take God's **forgiveness** even more seriously

3. Confession

bringing **sin** into the **light destroys** its **power** over you

Conclusion:

Life Group Discussion

Warm up:

1. When was the last time you experienced the feeling of regret? Why did it happen, and how did you respond?
2. What stood out to you about Sunday's sermon? What was interesting? Confusing? Weird? Thought provoking?

Study & Discussion:

1. What is a recent experience you have had with suffering? Did you want to blame God? Were you able to see something that you gained by going through that experience? Do you struggle with the idea that God can allow suffering? Why or why not?
2. Read Psalm 38. What stands out to you? Other than regret, do you see any other emotions in this Psalm? How does prayer help us with our emotional life especially when we are in pain or hardship?
3. How do you tend to deal with regret? Are you one of the ones who moves on quickly? Or, are you one of those who tends to dwell with it and hold onto regrets? In regards to when you sin, do you try to move on quickly or do you hold onto it? Do you accept God's forgiveness but struggle to forgive yourself?
4. Do you think it is important to confess our sins to someone else besides God? Why or why not? Is it enough to confess our sins to God alone? Read 1 John 1:9 and James 5:16. What do these verses show us about confession of sin?

Application:

1. Take time this week to write out (and pray) a prayer of confession to God, and then celebrate his forgiveness.
2. Consider getting together with someone you trust to confess your sin and to pray together.

Prayer:

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