



Just as cholesterol is the silent killer of the physical heart, guilt is the silent killer of our souls. Cholesterol accumulates slowly over the years, residue left by a poor diet, inadequate exercise and perhaps genetic malfunction. So it is with guilt. Little by little, with each act of envy, lust, anger, resentment or other sin, guilt accumulates around our spiritual hearts. The good news is that God won't let us succumb to guilt without many warnings. The exposure of guilt is not for the purpose of condemnation (as it is with Satan) but for cleansing our hearts and restoring the flow of God's love.

### **DISCUSSION QUESTIONS**

1. Read and meditate on [Psalm 32:1-11](#). Jot down 1 or 2 new thoughts that seem important. Why are they important?
2. Read [verses 1 and 2](#). In most translations, they begin with the word [blessed](#). How would you define [blessed](#) from the way David uses it in these verses?
3. Considering [verses 3-4](#), David had a responsive conscience. How did his unexpressed sin affect him?
4. Are there things in the past for which you feel guilty but for which there was really no wrong done? Explain.
5. How does David respond to forgiveness in [verses 6-11](#)?
6. It is interesting that David experienced a sense of protection after receiving forgiveness ([verse 7](#)). How does unconfessed sin make you feel vulnerable and exposed?
7. In [verses 8-9](#) David records the Lord's promise of guidance. What is the condition of receiving it?

### **MOVING FORWARD**

What is causing you to feel frustrated, envious or resentful today? Give your feelings over to God one by one. Consider whether there are things in the past for which you are guilty but have never sought forgiveness. Name those things. Ask God's forgiveness for what you have done wrong, and experience His wonderful grace and forgiveness.

### **CHANGING YOUR MIND**

[“<sup>8</sup> I will instruct you and show you the way to go; with My eye on you, I will give counsel.” Psalm 32:8](#)