

**Life Change from the Heart**  
**“Step 5: Confessing Our Sins to One Another”**  
**Psalm 32**  
**For the Week of November 13, 2016**  
**New City Church of LA**

**GROW & SERVE GROUP GUIDE AND HOMEWORK**

**Open in Prayer**

**Worship**

Have 5 people in the group share when they felt closest to God or furthest away from God this week

**Sermon Reflection**

“Life Change from the Heart” is a sermon series on how God changes us from the heart through the gospel. How does change from the heart happen? After we surrender our life to God, we start the process of cleaning the inside of the cup, our heart. We go through an extensive process of self-examination to find self-indulgence in our heart so that we can confess them and seek to get rid of them. We saw that a great way to find self-indulgence is to look for resentments. Once we have spent time examining our hearts, we must confess them to God, to ourselves, and to another human being. That’s what step 5 is about. Kevin shared from Psalm 32 to talk about the power of confessing to God. He shared from 1 John and James to discuss the importance of confessing to another human being. Jonathan Paredes shared a testimony of going through a confession.

*Any questions or comments about the sermon?*

**Bible Study**

**Read Psalm 32.**

1. What does David, the Psalmist, say that it was like before he confessed his sins?
  
  
  
  
  
  
  
  
  
  
2. Have you felt like this? Share a time you experienced this kind of weight.
  
  
  
  
  
  
  
  
  
  
3. What happened when David confessed his sins?

4. Have you experienced this kind of relief from your guilt?

5. Have you experienced the reality of verse 7—that the Lord is your hiding place?

**Read 1 John 1:8-10 and James 5:16.**

6. How are we in danger of self-deception about our sins?

7. How can confessing our sins to one another help us avoid self-deception?

8. Have you experienced the confessing your sins to another? How did it go?

9. What is your one take-away from this sermon or discussion?

**Share how you are doing this week with one another**

**Pray for one another, the church, and our neighborhood**