



INSIDE OUT Part 3 - Shame

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Open with prayer.

Get to Know You (10 Minutes)

- What is your favorite summer activity or vacation spot? Why?

Observation & Discussion (30 Minutes)

Psalms 32:1-10

1 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.

Luke 5:12-13

12 While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, he fell with his face to the ground and begged him, "Lord, if you are willing, you can make me clean." 13 Jesus reached out his hand and touched the man. "I am willing," he said. "Be clean!" And immediately the leprosy left him.

1. As you read through Psalm 32, what phrases stand out to you? What questions do you have?
2. This passage walks us through David's personal wrestling match with sin and forgiveness. We see how he felt, the steps he took as he went to God and others and ultimately, God's forgiveness. We also see a story of healing in Luke 5.
 - Discuss the difference between guilt and shame.
 - What emotions do you think David was experiencing throughout this passage?
3. What does David say about the person who is forgiven compared to the one who holds onto his sin?
4. How does God's protection relate to forgiveness and restoration?
5. What do these verses tell us about God's role in our life after forgiveness?

Next Step (10 Minutes)

- Sometimes we hold onto sin and it begins to become our identity which is when we experience shame. God does not want you or I to stay here, and more importantly to be alone in our shame. Where are some areas you may need to experience forgiveness in your life? David gives us a practical way to come to God in verses 5-10. Take time this week to lay your burdens at the foot of the cross. Use what you have learned from David to let go of your sin and shame.

Prayer Requests (5 Minutes)

Pray with your group to close.

Challenge

This week, read through the entire chapter of Psalm 32 a couple of times. When you read through it, make one observation that stands out to you to think back on for that day.

For resources on helpful tools to use in reading scripture check out our Grow Spiritually page [HERE](#) and scroll down to Bible Reading Resources.