



Sermon Questions

Date: *August 6, 2023* | Scripture: *Psalm 32*

1. Read the passage from the sermon together. What do you find convicting? What do you find challenging? What do you find confusing?
2. Are you happy right now in life? Would you say you are 1) very happy, 2) pretty happy, or 3) not too happy?
3. What are some of the things that make you happiest?
4. Have you experienced a burden of sin's guilt like this Psalm describes? Bones wasting away, groaning all day, heavy all night and day? Maybe not with full detail, but with honesty, can you share what led to that?
5. Have you experienced happiness as a result of being forgiven for sin? If so, when was that?
6. Who are the people in life you can trust with your junk? How often do you let yourself be fully honest with others about your sins and shortcomings?
7. How was this Psalm sung by Jesus? How can we sing this Psalm about Jesus?

Inward Grace in Action

Many Christians feel a heavy pressure to be happy. This can be for at least two reasons. First, we live in a culture obsessed with putting on the best, happiest image of ourselves. Whether it be on social media or at social gatherings, there is an assumed expectation that you answer the question, "How's it going?" with "Good!" Second, we as Christians often believe that lie that it is a sin to be sad in light of Christ. Perhaps you think it will be a poor witness to the non-Christians in your life if you admit you're not too happy. Perhaps you feel guilty for not feeling joy, which is supposed to be a fruit of the Spirit.

- Do you ever feel a pressure to be happy? If so, how?
- How does the gospel help counter some of the lies that undergird that pressure?

ACTION: Try balancing your gratitude for the good things in your life with honesty about the hard things. Bring both to God in prayer and to one trusted friend in conversation this week.

WORSHIP THROUGHOUT THE WEEK

Reflect on these Scriptures:

- Exodus 33:12-34:9
- Psalm 51
- Hosea 11:1-9
- Luke 10:17-24
- 2 Corinthians 5:20-6:10
- Hebrews 12:1-6

Serve: there are lots of opportunities to serve in our church family. [Click Here](#) to serve as a volunteer.

Pray for Thirdmill, our ministry partner committed to training pastors globally for free. Pray for the new indigenous area directors as they lead their field team to train community leaders in their regions: Christov in Indonesia; Rohit and Anish in India; and Simpson in Malaysia.

Reach out if you need assistance:

- Call our church office at 703.821.0800
- Request aid from our Deacons' Fund at deaconsfund@mcleanpres.org