

# INSOMNIA

Will I Ever Feel Forgiven?

WARM UP

**Have you ever had buyers remorse? What was the occasion?**

SET IT UP

There are questions that haunt every human soul. They confuse us, upset us, and derail us. They are the questions that keep us up at night. We won't find peace until we find a satisfying answer. When our sins stack up we live with a weight we cannot escape. Will I ever feel forgiven?

CHAT IT UP

1. **What do you normally regret more: Your thoughts, words, actions, or inaction?**
2. **Share a small regret from the past week.**
3. We all have regrets (both big and small). Talking about regrets is hard. But it is against the backdrop of our sin that grace shines brightest. **Read Psalm 32:1-5.**
4. **What can someone do when they sin?** (Cover it up, add to it, run from God/others, justify it, take it a step further, etc.) **What is the result of those responses?**
5. **According to verse 3, what did David try to do?** (Answer: Kept silent.) **What happened?**
6. **What happened when David finally confessed?** (Answer: God forgave him. The weight of shame and guilt was taken away.)
7. **When you sin, do you typically respond by confessing quickly or do you have another first response like ignoring, rationalizing, blaming, etc.? Are you willing to share?**
8. **Do you have a hard time believing you are completely forgiven? How do you know?**

WRAP IT UP

It's not what you did that defines you. It is what Jesus did that defines you. Humbly accepting the forgiveness we can never earn gives us a new lease on life and fills our souls with a joy nothing can match.

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LEADER TIPS

- If it will work for your group, consider splitting into men and women. Have someone from each group lead this discussion.