



Sermon  
Discussion  
Guide

Sunday, March 17, 2024

# More Than a Good Idea

## Confession & Celebration

### Read/Reflect

1. Read Psalm 32. What part of this psalm do you most identify with:  
 vss 1-2;                                       vss 5;                                       vss 8-9;  
 vss 3-4;                                       vss 6-7;                                       vss. 10-11
2. Read Psalm 34:1-3. As you read through the rest of Psalm 34 what is the basis for “extoling the Lord at all times? Note especially David’s situation and see I Samuel 21:11-13.

### Explore

3. What is one way in which you pursue joy? What does your method of finding joy say about your definition of joy in life?
4. How do seemingly opposite disciplines (confession and celebration) come together in pursuing joy?
5. Why is confession presented as a discipline, why not just confess when ever opportunity comes up? How do you tend to think of dealing with sin?  
 Ignore it                                       Excuse it                                       Make up for it  
 Justify it                                       Confess it                                       Other: \_\_\_\_\_
6. What are some ways you (can) practice joy in your own life?  
 Just begin                                       Sing in a group  
 Find a joy mentor                                       Laugh more (for no reason)  
 Schedule time for joy                                       Turn events into celebrations  
 Participate in regular worship                                       Use your imagination for delight
7. What are the obstacles to joy in your life?  
 Unconfessed sin (guilt)                                       Participating in a culture of complaint  
 Worry or grief                                       A negative outlook

### Pray

- Read I John 1:8-10, pray prayers of confession and then read I John 2:1-2
- Sing a favourite song together and thank God for that simple joy.