



## “Broken” Psalm 32

### Introduction

We all know the weight of sin. We can all think of times when our sin has felt as though it were a burden upon us, wearying and tiresome. The Psalmist speaks of this fatigue and the relief that comes through repentance. Being broken by God is coming to know the heaviness of our sin and being willing to lay it at the cross.

### Discussion

- Have you ever broken a bone? What was it like?
- Have you ever been through something difficult and wondered why God would allow that circumstance? Share how you dealt with that?

### Going Deeper<sup>1</sup>

- Read Psalm 32. What stands out to you from the passage?
- Look at vss. 3-4, what is the psalmist describing? Why is it significant?
- Vss. 5-6 are a contrast to vss. 3-4, what is the contrast? Why is it significant?
- Vs. 6 and following is the “what you should do” of the psalm, what is the psalmist wanting from the reader?
- Read Matthew 11:28-30. What does this passage have to do with Psalm 32?

### Application

- What is your big take-away from this week?
- What does being broken by God have to do with Lent?
- How can we view being broken by God in a different, more constructive way?
- What is your prayer to God for this week?
- How can we be in prayer for you?

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<sup>1</sup> Scripture references are from the NIV.