

Read Matthew 11:28-30

9. Most scholars believe that the use of “burdens” here by Jesus relates to the religious requirements of the Law? If this is the context, what does it tell us about the potential hazards of religion?

10. This is the only passage in the Bible where Jesus personally describes himself. Talk about these characteristics because they are important for understanding the nature of God.

11. Here are more passages for the 30-day challenge?

Psalm 6, 32, 38, 51, 102, 130, 143; Matthew 11:28-30;
1 John 1:1-19; James 5:13-20

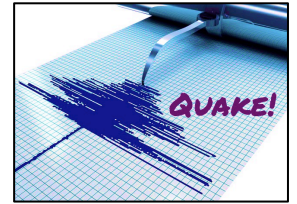
Response – Making it Practical

1. Have you allowed guilt and shame to come between you and God?

2. Have you ever had someone confess something to you? How did it change the relationship?

3. Is there something that you need to confess to God?

Dirty
Quake - Part 3



Sermon Notes

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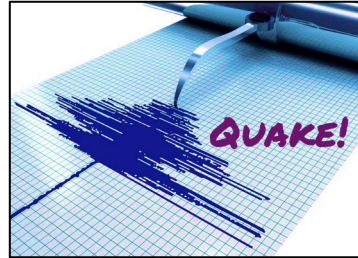
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Life Group Study Notes

Just like a physical quake, the toll our emotions can have are without question. There are two emotionally potent weapons that we wield that are particularly harmful and directly affect our ability to experience joy. Especially when they are turned inward. What can we do to counteract them and free us from their destructiveness?



Study – Discovering What the Bible Says?

1. What was the big takeaway for you from last week's study?

Read Psalm 32:1-11 (The message looked at verses 1-5 only)

This Psalm was used in the early church as one of the seven Psalms of penitence (the others were Psalm 6, 38, 51, 102, 130, 143).

2. What were the two emotional weapons mentioned in the message and how were they defined?

a. _____ - I _____

b. _____ - I _____

3. David is a believer who has sinned? Wrestle with the difference between a believer who sins and an unbeliever who sins?
4. How quickly does David experience God's forgiveness?
5. Verse 5 is the apex of the Psalm. Confession is important as shown in this passage. Is there a difference between confession and repentance?

Read 1 John 1:9

6. God is characterized as "faithful and just". Why are these two important for forgiveness to be truly effective?

7. What was said in the message about confession? How was this explained?

Confession moves us from _____ to

_____.

8. Is confession primarily for God, or for us? Should we confess to one another? (see James 5:16)