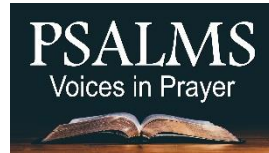


**The Blessed State of Grace**  
**Psalm 32**

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Neil Trainer  
August 9, 2020

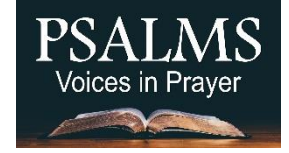


**NOTES**

**The Blessed State of Grace**  
**Psalm 32**

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Suggested Questions for Individual  
Study or Group Discussion\*



- What does it feel like when someone genuinely tells you, “I forgive you”? What do you experience? What changes?
- Read *Psalm 32*. What catches your attention or stands out to you most on your first reading of this psalm?
- What does it mean to be “blessed”? In Psalm 32:1-2, what leads a person to become blessed?
- What had previously kept the psalmist from being blessed in this way? What changed?
- How is God portrayed in this psalm? What is revealed about God’s character and God’s ways?
- How has the LORD been a hiding place for you (v. 7) and surrounded you with his love (v. 10)?
- If you were to have a conversation together, what instruction or counsel might this psalmist give to you? How could you heed that teaching?
- How can this psalm be an example and guide for you in your own prayers?
- *Extra: Write your own psalm including both a “before” and “after” receiving God’s grace, and express your thanks for what the LORD has done for you.*

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**For Family Discussion:** Ask: *Why is it sometimes hard to say, “I’m sorry”?* Read Psalm 32. Ask: *According to this poem, what makes a person happy or blessed? How can we experience that too? How can we trust the LORD to surround us with his love and to be our hiding place?*

\*Select or adapt questions to fit the needs and makeup of your group.