

What it felt like to keep quiet

Psalm 32:1-5

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

David says that the moment he told God, God forgave him. What is God like?

2. What does it show me about people — and about me?

He says his bones felt worn out while he stayed silent. Have you ever felt a secret in your body?

3. What will I obey this week?

What will you tell God about this week, out loud, in your own words?

4. Who will I tell?

Who is carrying something heavy? What could you tell them about this psalm?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

Pray

God, David said that keeping quiet wore him out. Thank you that telling you the truth is where the heavy feeling stops.

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