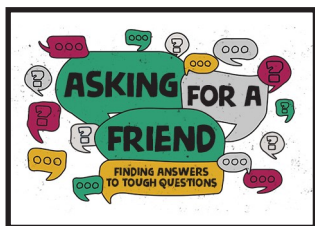


MESSAGE NOTES & SMALL GROUP GUIDES



**"WHAT'S WRONG
WITH ME?"**

MAY 3, 2020



“What’s Wrong With Me?”

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Existential questions = what we tend to ask ourselves when the surface meaning of life is _____ away, when routines and expectations are shattered, and when we _____ human mortality.

Psychological studies show that in order to experience happiness in life, a person has to feel safe, _____, and have purpose.

The problem is, so many of us (even if we never admit it to anyone else) live _____ by guilt and shame...

1. There is Something Wrong with You and Me (note Psalm 32:1)

We all have spiritually defective _____; we’ve all _____ positively for sin.

Not all guilt and shame is _____...

Not all guilt and shame is _____...

Note Psalm 32:3-4

God loves us too much to not address our _____ problem.

_____ is actually God’s gift to you and me.

2. Happiness Requires _____ (note Psalm 32:5)

Happiness is having our sins _____ (note Psalm 32:1).

In order to have God cover our sins, we need to _____ our sins.

To *blame* is to _____.

Confess = _____ with God.

True confession isn't just that we don't like the _____ for our sin (note Psalm 32:9).

When our _____ about our sin itself hasn't changed, then we really haven't confessed our sins.

Note Psalm 32:2; 1 John 1:9

3. We All Need a Change of _____

Note Romans 3:23; Psalm 32:7; Mark 15:34; Luke 23:46; John 19:30

God didn't _____ our sin or brush it aside...He _____ it!
_____ = *change direction* (note 2 Corinthians 7:10).

We discover a new level of trust in God that results in a greater sense of _____, peace, and assurance of God's love and care for us (note Psalm 32:10).

Confession and repentance doesn't equal _____, but a new direction... (note Proverbs 24:16a)

Tough questions do have answers:

- Dealing with the biggest problem we have (_____) God's way isn't negative...
- ...it's really the most positive, _____ way to experience life (note Psalm 32:5, 11).

Tell someone about the next step you took today in your spiritual journey!

Let us know, too!

DISCUSSION GUIDE

ICEBREAKER WHAT IS THE MOST UNIQUE / FUNNIEST MASK YOU HAVE SEEN ONLINE OR IN PERSON? HAVE YOU BEEN WEARING MASKS WHEN OUT AND ABOUT?

1. PASTOR TOM EXPLAINED THAT PSYCHOLOGICAL STUDIES SHOW THAT IN ORDER TO EXPERIENCE HAPPINESS IN LIFE, A PERSON HAS TO FEEL SAFE, CLEAN AND HAVE PURPOSE. IN SEASONS WHEN YOU HAVE BEEN MOST HAPPY, DO YOU REMEMBER THESE THREE THINGS BEING PRESENT?
2. "WHAT'S WRONG WITH ME?" IS A QUESTION THAT OFTEN OVERSHADOWS OUR LIVES. READ PSALM 32:1. SIN IS OUR CONSTANT CHALLENGE. HOW DOES SIN CHALLENGE OUR HAPPINESS?
3. GUILT AND SHAME CAN ACTUALLY BE GOOD FOR US. THEY TELL US THERE IS A PROBLEM. HOW HAVE YOU SEEN SPIRITUAL PAIN POSITIVELY IMPACT SOMEONE'S LIFE? HOW ABOUT YOUR OWN?
4. WHILE SPIRITUAL PAIN HIGHLIGHTS A PROBLEM, THE SOLUTION IS NOT JUST FEELING BAD ABOUT SIN'S CONSEQUENCES. READ PSALM 32:2 AND 1 JOHN 1:9. WHAT IS THE BEST NEXT STEP? HOW DO WE DO THIS?
5. PSALM 32:7 SAYS, "YOUR JOYOUS SHOUTS OF RESCUE RELEASE MY BREAKTHROUGH." HOW IS DEALING WITH SIN GOD'S WAY A JOYOUS EXPERIENCE? WHAT IS YOUR NEXT STEP IN THIS AREA?

DAY 1: COLOSSIANS 1

DAY 2: COLOSSIANS 2

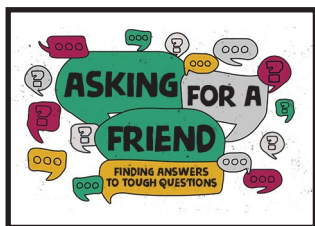
DAY 3: COLOSSIANS 3

DAY 4: COLOSSIANS 4

DAY 5: ROMANS 10:8-17

**PERSONAL
GUIDE**





“What’s Wrong With Me?”

[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Existential questions = what we tend to ask ourselves when the surface meaning of life is stripped away, when routines and expectations are shattered, and when we confront human mortality.

Psychological studies show that in order to experience happiness in life, a person has to feel safe, clean, and have purpose.

The problem is, so many of us (even if we never admit it to anyone else) live overshadowed by guilt and shame...

1. There is Something Wrong with You and Me (note Psalm 32:1)

We all have spiritually defective DNA; we’ve all tested positively for sin.

Not all guilt and shame is legitimate...

Not all guilt and shame is bad...

Note Psalm 32:3-4

God loves us too much to not address our biggest problem.

Guilt is actually God’s gift to you and me.

2. Happiness Requires Honesty (note Psalm 32:5)

Happiness is having our sins covered (note Psalm 32:1).

In order to have God cover our sins, we need to uncover our sins.

To *blame* is to be-lame.

Confess = agree with God.

True confession isn't just that we don't like the consequences for our sin (note Psalm 32:9).

When our heart attitude about our sin itself hasn't changed, then we really haven't confessed our sins.

Note Psalm 32:2; 1 John 1:9

3. We All Need a Change of Direction

Note Romans 3:23; Psalm 32:7; Mark 15:34; Luke 23:46; John 19:30

God didn't ignore our sin or brush it aside...He defeated it!

Repent = *change direction* (note 2 Corinthians 7:10).

We discover a new level of trust in God that results in a greater sense of security, peace, and assurance of God's love and care for us (note Psalm 32:10).

Confession and repentance doesn't equal perfection, but a new direction... (note Proverbs 24:16a)

Tough questions do have answers:

- Dealing with the biggest problem we have (sin) God's way isn't negative...
- ...it's really the most positive, joyous way to experience life (note Psalm 32:5, 11).

Tell someone about the next step you took today in your spiritual journey!

Let us know, too!