

### **Psalm 32 New American Standard Bible**

Blessedness of Forgiveness and of Trust in God.

How blessed is he whose transgression is forgiven, Whose sin is covered! <sup>2</sup>How blessed is the man to whom the Lord does not impute iniquity, And in whose spirit there is no deceit!

<sup>3</sup>When I kept silent *about my sin*, my body wasted away Through my groaning all day long.

<sup>4</sup>For day and night Your hand was heavy upon me; My vitality was drained away *as* with the fever heat of summer

<sup>5</sup>I acknowledged my sin to You, And my iniquity I did not hide; I said, "I will confess my transgressions to the Lord"; And You forgave the guilt of my sin.

<sup>6</sup>Therefore, let everyone who is godly pray to You in a time when You may be found;

Surely in a flood of great waters they will not reach him. <sup>7</sup>You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance.

<sup>8</sup>I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you. <sup>9</sup>Do not be as the horse or as the mule which have no understanding,

Whose trappings include bit and bridle to hold them in check, *Otherwise* they will not come near to you.

<sup>10</sup>Many are the sorrows of the wicked, But he who trusts in the Lord, lovingkindness shall surround him. <sup>11</sup>Be glad in the Lord and rejoice, you righteous ones; And shout for joy, all you who are upright in heart.

### **We will use five tools on our expedition that are built around five questions**

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

### **Paul's Questions and incites**

1. Do you live as one forgiven or are you still wrestling with guilt?
2. What is the reality of being blessed by God when you know you are forgiven?

3. What is it to transgress?
4. What is it to really know?
5. What part of who you are has to know before you can say 'I know' with conviction?
6. What was the reality of 'covered sin' in the Old Testament?
7. How does God impute iniquity?
8. Is there any deceit in your spirit?
9. David's silence regarding his sin, perhaps relates to the sin of accessory to murder, coveting and taking another mans' wife and the abuse of his power.
10. David describes his guilt as physical decay.
11. If you love God your flesh will rot and your bones will crumble, if you try to cover up your own sin?
12. Joy will be your enemy and fear will be your friend and day and night you will groan.
13. David says Gods hand was heavy on him, but it was shame and guilt that pressed in on David.
14. What is our vitality, it is zest for life, without it life becomes pointless.
15. David was under intense pressure as if with a fever.
16. David's acknowledgement of his sin did take place, but only when Gods mercy came through Nathan in a riddle.
17. David's nature when confronted with his sin, was to accept the responsibility for his actions.
18. The purpose of confession is the same as washing a dirty plate, it becomes clean and can be used again – fit for purpose.
19. The guilt of sin is the release of the sinner.
20. Forgiveness is a gift God gave in the old and new testament.
21. Godly ones who are sinners - pray while you can or you will face the wrath of God in the judgement.
22. If you wait until it is too late the opportunity for forgiveness will be removed.
23. David compares the lost opportunity with the distance of 'flooded great waters' – so don't live another moment without confessing your sin.
24. Make God your refuge and trouble will become God's enemy for you.
25. The presence of God is full of songs of peace and freedom.
26. In the atmosphere of surrender and humility, without the stain of sin, God will teach you His way and to live life to the full.
27. Is God your personal counsellor? Have you learnt to sit on His couch and receive the blessing of His listening ear and the counsel of His life giving words?
28. The strength of the horse and the mule may be great but it is not comparable with the strength of God.
29. Without a bit and bridle they are wild beasts. Is that what you are like?

30. Do you spend your day saying 'this is what I think' and 'this is what I feel'? No you should say 'the word of God says'.
31. The sorrows of the wicked are many. Do you have many sorrows still? Or is the Lord removing your sorrows and releasing you from your burdens?
32. All who trust in God will know the blessings of His promises.
33. Lovingkindness will surround those who trust in the Lord.
34. David says 'gladness is a choice we make in who we are, happiness is in your spirit'.
35. The upright in heart are those who know their sin is covered. They can shout with joy from their spirits.