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PSALM 32:1-11

FORGIVENESS BRINGS JOY



THIS WEEK'S focus

When someone gives us a good gift, we respond with gratitude and joy. Perhaps you can remember what it felt like to open a particularly special gift on your birthday or Christmas Day. You were probably excited and thankful, and you were hopefully quick to express both. In this week's psalm, David expresses joy, gratitude, and praise after experiencing the Lord's forgiveness. After a period of concealing his sin and suffering deep agony, David confessed his sin to the Lord and was met with grace and mercy. Through Psalm 32, we will discover that experiencing God's forgiveness leads to worship.



CENTRAL truth

Experiencing God's forgiveness should lead us to worship.



EXPLORE

scripture

PSALM 32:1-11

PSALM 32:1-2

A Maskil of David. **1** Blessed is the one whose transgression is forgiven, whose sin is covered. **2** Blessed is the man against whom

the LORD counts no iniquity, and in whose spirit there is no deceit.

PSALM 32:3-5

3 For when I kept silent, my bones wasted away through my groaning all day long. **4** For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. *Selah* **5** I acknowledged my

sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the iniquity of my sin. *Selah*

PSALM 32:6-11

6 Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. **7** You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. *Selah* **8** I will instruct you and teach you in the way you should go; I will counsel you with

my eye upon you. **9** Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you. **10** Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD **11** Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

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PSALM 32:1-11
CONVERSATION

questions

▶ READ PSALM 32:1-2.

.01 What is the cause for joy and celebration in this psalm?

.02 Why do you think David uses different words to refer to sin?

▶ READ PSALM 32:3-5.

.03 What do the effects of sin in David's life teach us about unconfessed sin?



THEOLOGY

At times, it may be a challenge to believe that we are truly forgiven by the Lord. This is why we must remind ourselves and each other of our identity in Christ. As forgiven people, we are declared righteous by God (see Rom. 5:1) and are new creations in Christ (see 2 Cor. 5:17). The things we have done are not what define us—the most important thing about us is who we are in Christ. We are children of God (see John 1:12), temples of the Holy Spirit (see 1 Cor. 3:16), chosen and holy (see Eph. 1:4), and citizens of heaven (see Phil. 3:20). Remembering these truths and the other descriptions of our new identity found in Scripture will equip us to reject the lie that we're not completely forgiven and accepted by God.

.04 Why does David describe God's hand as "heavy" on him?

.05 What does the Lord's response to David's confession of sin teach us?

▶ READ PSALM 32:6-11.

.06 Why is it difficult for us to confess our sin? How are God's people called to respond to sin?

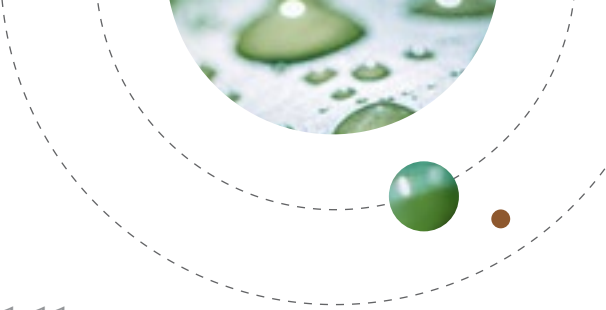
.07 According to verses 8-9, what is true wisdom?

.08 What is the proper response to the Lord's forgiveness?



GIVE AN ANSWER

In this psalm, David describes the destructive results that sin had on his life. While you're reading, you might be tempted to see your own suffering through this lens. However, while sin has spiritual consequences—and often physical consequences as well—not all of the suffering we experience is a result of our wrongdoing. Suffering comes to everyone—those who obey the Lord and those who do not. As believers, we should even *expect* suffering for following Him (see Matt. 5:11-12; 1 Pet. 3:14-15). However, as the apostle Peter teaches us, it is better to suffer as a believer than as someone who lives rebelliously (see 1 Pet. 4:15-16).



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PSALM 32:1-11

NOW

what?



CENTRAL truth

Experiencing God's forgiveness should lead us to worship.

.09 How does God's response to David's sin shape the way you approach Him in prayer?

.10 Who is a trusted believer you can confess your sin to? Why is it important to have people like this in our lives?

.11 How can we celebrate one another when we willingly obey the Lord?

.12 As people who have received God's mercy, how are we called to respond to those who rebel against the Lord?

DAILY devotions

MEMORIZE PSALM 32:1

7 ARROWS FOR BIBLE READING



What does this passage say?



What does this passage tell us about God?



What did this passage mean to its original audience?



How does this passage change the way I relate to people?



What does this passage tell us about humans?



How does this passage prompt me to pray?



What does this passage demand of me?

day 1

PSALM 32:1-2

DWELL

After confessing and repenting of his sin to the Lord, David celebrates the Lord's gracious response. David uses different words for *sin* in this passage, showing us that the Lord forgives those who humbly come to Him and confess their sin—all types of sin and rebellion. Because of Jesus's sinless life, death, and resurrection, God does not hold our sin against us when we repent. We are truly forgiven and pardoned of all wrongdoing.



Why does David have such a joyful attitude in this psalm?



If a friend asked you, how would you define the word *confession*?

MEMORIZE

Using colored pencils or pens, creatively write out Psalm 32:1 on a piece of paper. Read the verse out loud five times. Finally, try to say it out loud five times without looking, trying to picture it in your mind instead.

PRAY

Heavenly Father, thank You for cleansing me of my sin through what Jesus has done. Give me courage to share the good news of the God who forgives.

day 2

PSALM 32:3-5

DWELL

David poetically describes the ways his unconfessed sin impacted him emotionally and physically. He was drained of energy and felt God's hand of conviction and discipline weighing heavily on him. Perhaps you have been able to relate to the way David felt. It's miserable! When David finally stopped concealing his rebellious acts, he found relief and refreshment in the Lord's forgiveness. We can experience this too. When we come to the Lord, humbly bringing our wrongdoing before Him, He faithfully extends forgiveness and mercy.



Can you relate to David's experience in these verses? If so, in what way?



Knowing that the Lord is willing to forgive, how does this prompt you to pray?

MEMORIZE

Type out Psalm 32:1 in the Notes app on your phone or another device. Take a screenshot of it and set it as your lock screen or wallpaper.

PRAY

Heavenly Father, thank You for the refreshment and relief found in Your forgiveness. Teach me to run from sin and toward Your grace.

day 3

PSALM 32:6-11

DWELL

Those who are wise and faithful to the Lord seek Him in prayer and humbly bring their wrongdoing before Him. The wise also follow the Lord and obey His instructions willingly. David experienced God's mercy and calls others to praise the Lord. We do not have to hide or deny our sin. This psalm invites us, instead, to run to God's throne, to confess, and to receive His mercy and forgiveness. As people who have been forgiven, we are called to share the hope of our merciful God with those around us.



According to this psalm, what does wisdom look like?



How can you share the hope of God's forgiveness with someone this week?

MEMORIZE

Set reminders on your phone to read Psalm 32:1 three times each day (such as in the morning, the afternoon, and the evening).

PRAY

Lord, thank You for Your faithful love toward me. By the Spirit's power, help me to obey Your instruction and live wisely in Your world.

day 4

PROVERBS

3:11-12

DWELL

In Psalm 51, David describes how the Lord's hand of conviction and discipline were heavy on him. This proverb teaches us not to despise the Lord's discipline, since the Lord disciplines those He loves. The Lord is not cruel, or a tyrant. As one commentator notes, "To ask God to refrain from giving us discipline would be to ask [H]im to love us less."¹ The Lord is a good Father who loves His children and at times uses discipline to shape us into the people He has called us to be.



Why does Solomon tell us not to despise the Lord's discipline?



How does this passage help you understand God's love better?

MEMORIZE

Say the book, chapter, and verse number for Psalm 32:1 out loud several times. Then read aloud just the first few words of the verse. Do this a few times a day and see if you can memorize more each time.

PRAY

God, thank You for being a good Father who delights in me. Thank You for the way You continue to correct and guide me.

¹ David K. Stabnow, "Proverbs," in *CSB Study Bible: Notes*, Edwin A. Blum and Trevin Wax, eds. (Nashville, TN: Holman Bible Publishers, 2017), Logos Bible Software version, 957.

day 5

1 JOHN

1:9

DWELL

What hope and relief are packed into this verse! Because of what Jesus has accomplished through His sinless life, death, and resurrection, we are dealt with mercifully. The Lord is faithful and just to forgive us when we confess our sin before Him. In confession, we own up to our rebellion, eager to turn away from it to follow the Lord. In Psalm 51, David shared how concealing his sin brought pain. So, instead, let's approach God's throne of grace. No matter what we have done, we can receive grace and mercy.



Why do you think John's readers needed to be reminded of the Lord's forgiveness?



Why is confession important? How can you practice confession this week?

MEMORIZE

Write down the first letter of each word of Psalm 32:1 on a note card. At least five times today, see if you can say the verse just by looking at the letters.

PRAY

Heavenly Father, thank You for being faithful and just to forgive me. As I go throughout my day, please remind me of my status as Your forgiven child.