

Psalm 32 (ESV)
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.

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 i 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**

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!

The Psalms are a sweet place to go for refuge and solace, to find peace and rest while in a storm or strife. They were written from the heart, for the heart, to connect us to the heart of the Lord.

Psalm...32, written by David.

I personally read this Psalm and all I see is the **Gospel, Good News**. It's a **song of joy, sorrow, and shouting joy!** It's a close up and personal look into the **redemptive story of how Jesus stepped into one man's life, and saved him from his own sin** once he confessed his sin, and the results of that gift of grace...JOY! Absolute joy!

Psalm 34...

1-2 The **Joy** of absolute **forgiveness**

3-4 Pain of **guilt**, silence, & **sin**

5 Freedom of **confession** = Joy

6-7 Safety in the storm, **refuge**

8-9 **Guiding Eye** of God, look deeply!

Bit & Bridle stubborn mule

10-11 Resulting in **JOY & CELEBRATION!**
shout!

Gospel & Testimony

Story of Hope somewhere

Hopelessness (**conviction**)

Confession **Conversion**

Continued **protection**

Constant **direction**

Joy results in **celebration**..Go into the world and

"Joy" 1 & 11 sandwiches, with vs 5, confession as the meat!

Key Words

Maskil, Joy, Forgiveness, Selah, Transgression, Sin, Iniquity, Confession, Shouting Joy

Our story is like David's. Our life's path has taken us on a journey far away from God, the only hope we have of getting back...is through the Door of Life Himself... Jesus. He is the Great redeemer retriever, protector and healer, the restorer of things that were broken, the giver of joy & relief even in the midst of pain and suffering!

None of us like pain, grief or guilt. But they are not always a bad thing. Pain is an indicator that something is wrong in the body. It alerts us that something is a miss, out of place, in need of attention so we can be healthy again.

J&J Party, Raya lost, nice mom, Shyla talking & I talking to her, church, Julie. Daughter felt no pain, never cried. Tripped and said she was fine...elbow bone was split and broken down the length of her arm, but she didn't feel much pain at all. There was no indicator... This really worried the mom, for good reason.

Pain is a really good thing, it make us aware of our current condition and needs. It's said that "pain is to the body what guilt is to the spirit".

Don't want to feel guilt, and teh enemy can mess with us using guilt and shame, condemnation. Not going to be talking about condemnation, but guilt that makes us aware of our need...

Guilt and Grief can remind us, alert us, **that something is a miss**, something is off, something just isn't right. Guilt is often associated with wrongdoing and a desire to right the wrong somehow. Almost all people feel guilty for the things they have done wrong, letting people down, hurting others, not reaching a goal or expectation.... Missing the mark.

People who don't feel guilt, at all, are called **sociopaths**. They don't feel any remorse or regard for others at all...dangerous!

See, Pain can be a good thing...if we go to the pain resolver, Savior.

Some say this Psalm was written in response to David's sin against God when he slept with Bathsheba and had her Husband Uriah killed in battle. (2 Sam 11-12) But we just don't have the evidence to fully support that, though it may be true. But you can truthfully say that David, felt guilt, remorse, and was sorry for his sin, whatever it was when he wrote this Psalm....and he found a secret so valuable to life in verse 5, Spoiler.... **confessing his sin**, confession is sandwiched by the first and last verses of this Psalm, **joy**.

Guilt, left to itself, is like a festering wound, will grow dangerously destructive to our soul. Guilt finds unnatural outlets if it isn't given over to the Lord. Guilt leads to anxiety, depression, anger, insecurities, even pride, amongst many other issues.... If left alone

But what David experienced and sang out in this Psalm, is that the joy of forgiveness leads to more joy that shouts out to others

A Maskil of David.

Maskil, literal translation is not known. Accepted to mean, Contemplation, some translate it as "instruction". It suggests this is an instructional Psalm or writing.

Which is interesting, David takes us deep into his own life and story to instruct us on how to have right relationship with God....

Speaks of Testimony...We are to open our hearts and lives, share what Jesus is doing in our own lives with others!

David was a man of great honor and prominence, **he was king, but also a person** like you and me. A sinful man, he knew the pain of sin and sorrow. He knew the effect his own personal sin had on his own heart... so he writes...

1 Blessed is the one whose **transgression** is **forgiven**,
whose **sin** is covered.

Blessed is he whose **transgression** is **forgiven**: David spoke of the great blessing there is for the man or woman who knows the forgiveness of God. Their sin is no longer exposed; it is covered.

"The word blessed is in the plural, oh, the **blessednesses!** the double joys, the bundles of happiness, the mountains of delight!" (Spurgeon)

Blessed the person who is **forgiven**... David starts this Psalm shouting out loud, with great exuberance how great a joy it is to be forgiven for your absolute rebellion against God, for your sin being covered instead of exposed.

? If joy is found where forgiveness is, what is found in a place without forgiveness? Pain, shame, suffering, anxieties, despair... David goes on...

2 Blessed is the man against whom the Lord **counts no iniquity**,
and in whose spirit there is no deceit.

Happy is the person, what joy a person experiences, when you know that God no longer holds a **record of your crooked pathway walking**, your missing the mark of perfection, when your outright rebellion against God is covered up, wiped away, and forgiven.

But who can cover such sin as the kind we commit? It's too deep to cover...

John 1.29 The next day he (JTB) saw Jesus coming toward him, and said, "Behold, the Lamb of God, who takes away the sin of the world! Speaking of Jesus. The only one qualified to take our sin, crush it into pieces inside the depths of His own heart, and the hand over a record of no wrong ever done to anyone who will accept Him as Lord and Savior!

If you're a believer, can you remember what JOY you felt when you were first saved? I remember the weight of sin lifted of my soul when I confessed that I was a sinner in need of a Savior named JC! NOt just the sins of my past, but the sins of my present...they don't have a weight on me, if.... If i confess them!

David takes us from the joy of forgiveness back to a time when he covered up his sin, kept silent about his own sin, and suffered greatly because of it!

3 When I **kept silent**, my bones grew old

Through my groaning all the day long.

4 For day and night Your **hand was heavy** upon me;

My vitality was turned into the drought of summer. **Selah**

After David sinned against God, Bathsheba, Uriah, he kept it to himself for almost a year, and he tells us it was killing him! He hid this secret sin, but the sound of his sin echoed in the sounds of silence. "Fools said I, you do not know, silence like a cancer grows"

His body ached like cancer in his bones, his soul was groaning with anguish over his hidden sin...

Proverbs 28.13 NLT 13 People who conceal their sins will not prosper,

but if they confess and turn from them, they will receive mercy.

S often God wants to bless us with His closeness, He already knows our sin, but H eis waiting for us to expose it, get it out, agree with Him that it is not good...

Guilt was driving David like longhorns in Texas, would drive him to either to madness or repentance?

David was slow to acknowledge this sin, but he did, eventually.... yet in looking back he understood that **his misery was directly connected to the oppression of unresolved sin** and rebellion against God. He felt like there was a ...

Heavy Hand upon me.... We can conjure up pictures of the "godfather" rather than the Father God here. The heavy hand, iron fist, coming down heavy on anyone who disrespects him....not so.

Heavy Hands.... God has big hands, they span the universe, but they also the cradle his kids, they direct and lead us ever so gently. In fact His hands are not used in a heavy way at all, unless we push against them, wander away from Him, try to run hard against Him.

1 Peter 5:6 ESV Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you in due time.

God's hand is only heavy when we resist him. His hand is a directing and a loving hand, leading hand of Shepherd's hand.

God guides and protects those that are His, belong to Him.

Proverbs 3.12 NLT For the LORD corrects those he loves, just as a father corrects a child in whom he delights. Hebrews 12.6...

Revelation 3.19 I correct and discipline everyone I love. So be diligent and turn from your indifference.

Job 5.17 NIV "Blessed is the one whom God corrects; so do not despise the discipline of the Almighty.

This section ends in... **SELAH**, Say-Lah or See -Lah, Pause Reflect, "Forever"

When you read your Psalms & come across Selah...Stop and allow these words to seep into you forever

David pauses, **Let's pause** when thinking about the **joy of forgiveness** as we realize the **depths of his own sin....**

And out bursts the break through moment that David needed. He tells us about a moment he had with God that was so personal and private, but he shared it for the gospel sake!

After a period of time spent hiding his sin, keeping silent his sin, finally David comes out with it.... The meat inside the Joy sandwich finally revealed....

5 I **acknowledged my sin** to You,

And my iniquity I have not hidden.

I said, "I will **confess my transgressions** to the Lord,"

And You forgave the iniquity of my sin. Selah

1 John 1:9 ESV If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. That's exactly what David says he did....confessed, exposed his own sin, and was totally forgiven. Restoration was ready, but the **confession of sin was the pathway to it.**

*Note, rebellion against God was not able to be totally covered by blood of goats bulls, only by Jesus blood. David was totally forgiven....Jesus must have been present, even though not yet...

OT God is so ready to judge, oh really? Exodus 34.6 The Lord passed before him and proclaimed, "The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, 7 keeping steadfast love for thousands, **forgiving iniquity and transgression and sin,**

Forgiveness was ready and waiting for David as he agreed with God about the nature and guilt of his sin. **Restoration** was ready, but the **confession of sin was the path to it.**

David's confession of sin did not **earn forgiveness** of his sins, but **it did receive it.** Fellowship with God was **restored.** David confessed and experienced this forgiveness **immediately,** just as the prodigal son confessed and was immediately forgiven. There was no probation, no wait-and-see period.

This forgiveness, the reason for great joy in verse 1 and 11. Said, Victorious Christian Life is a series of new beginnings. Not a perfect existence

Safety in the storm, refuge

6 For *this* cause everyone who is godly shall **pray to You**

In a **time** when You may **be found;**

Surely in a flood of great waters

They shall not come near him.

7 **You are my hiding place;**

You shall **preserve** me from trouble;

You shall surround me with **songs of deliverance. Selah**

David is now imploring, begging, instructing anyone who will listen, evangelist in him, to pray to God for *this* cause.

What cause? For the **cause of forgiveness,** coming to a place where you acknowledge what God already knows, so that God might be found by you.

Is God really into hiding far away from us? NO!

Acts 17 26 And He has made from one blood every nation of men to dwell on all the face of the earth, and has determined their preappointed times and the boundaries of their dwellings, 27 so that they should **seek the Lord,** in the hope that they might **grope for Him** and **find Him,** though He is not far from each one of us...

For God, Jesus, is David's **refuge and hiding place.** Jesus preserves and protects us while troubles come and go. He is our safety in the storm!....surrounding us in songs of deliverance!

Oh the salvation song. May it be ever on our lips, in our ears, as our lives sing to the glory of God in joyous thanks and praise to Him whom all blessings flow!

Guiding Eye, look deeply

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.

Notice a shift in grammar here. David was writing about God, to God, now his position shifts. God takes the pen and says... *I* will teach you & *I* will counsel you, with **My** eye.

Psalm 1 happy the perfect man, I'm not perfect....

Psalm 23 The Lord is my leader Shepherd, Psalm 27 the Lord is my Light and guide, Psalm 32, the Lord is my Salvation, my everything, my every desire and every want is found directly IN Him. Not in the blessings around Him, not in the green pastures, still waters, not in the bread and drink that is found **near** the Shepherd Savior....but it's **in the eyes of the Lord Himself** that the greatest of JOY is found.

In deep relationship with Jesus is found **all the desire of our hearts**, Nothing compares, all else pales and washes away in comparison!

That is where all hope, all joy everlasting, all satisfaction come from. David got this. Despite all his sin, mess ups, and coming up short moments, David discovered the secret...he found grace in the eyes of the Lord by confessing his sin to Him.

No longer are these questions so difficult...

What direction does God want me to go? Which way is God's will in this? Where is the path to life? How do I live an abundant life? What does God want me to do in this that or other....

YYou don't need a finger pointing us in the right direction. When we are fixated on the eyes of Jesus, you have to be so close to Him to see His eyes that whenever He moves, you move just to position yourself to be able to look not his eyes...

Statue in Norway of Jesus, Jesus looking down, shroud of his robe over his face, says in inscription on statue, "If you want to Look into Jesus' eyes you have to sit at His feet" There is only one way to see the Eyes of the Lord as He instructs us, at His feet in total submission to him.

the life of a believer who wants to be under God's authority.

Romans 8.14 **For all who are led by the Spirit of God are sons of God.** Looking into His eyes, = led by His Spirit

Bit and Bridle.... A stubborn mule, horse, doesn't go where the master's eyes look, but rather where the bit and bridle force his head to turn. Too many Christians suffer under the pain of bit and bridle.

Proverbs 26.3 guide a horse with a whip, a donkey with a bridle, & a fool with a rod to his back. Used in context of a fool...

“Why is life so challenging, I don’t want to go through this” quit kicking against the goads. Quit kicking against the instruction and leading of the Lord!

But for the non believer, the bit and bridle indicate a heart unwilling to yield, discontent as if we deserve better or something more. We deserve... death. And HE has given us life. Stand up and praise Him, despite the storms!

and **a loving Father not willing to give up ever**, on the ones He wants to save....until they run over the edge of the eternal cliff in the end...He goes after the one and leaves the 99, even if by bit and bridle.....

Do we praise him in the storm, or fight & bite on the bit and bridle? When we stop fighting His leading, is when his hand lightens up on us, and gently lovingly leads us by His eye rather than His hand on bit and bridle.

For grace is found in his eyes, a bridle is found in His hand for those that are bent of rebellion....because He loves us!

Do not be like the horse or the mule, which have no understanding

10 Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the Lord.

Sorrows here has the sense of absolute dread for those that do not yield and confess their sins, so that their sin can be covered and forgiven completely...this is the fate of anyone who doesn’t lay hold of the hands that were pierced on Calvary’s hill.

But for those that have taken hold of His hand, and looked into the eyes of Jesus...love surrounds them, them who trust, obey, lean upon, put faith in and love, and look so deeply into His eyes. Tumult, storm, tornado or tsunami won’t distract him!

11 Be glad in the Lord, and rejoice, O righteous,
and **shout for joy**, all you upright in heart!

Be ridiculously happy in the Lord, rejoice!

AND shout for joy, all you upright in heart.

NO heart is upright except for the new heart freed from sin, freed on the cross! 2 corinth5.17 new creation, old things passed away...

A heart freed from sin should be one **so in love with Jesus**, so enamored by his grace, that Joy, Joy just bursts forth even in the midst of pain and suffering. Joy like the joy of a widow who lost her husband suddenly, joy like a mother who loses a baby, for they know they will see their loved ones in heaven!

Joy like the joy of a sorry sinner who knows he has been pardoned of all his crimes and wrongdoings, so undeservedly! A joy that sings Hallelujah at every breath... BUt more than a song, a shout of praise is the life of a believer who knows the sin they have been saved from...

A crowd of people raises the roof, it makes a very loud noise by cheering, shouting or singing. The roof of oppression is caving in on the world around us, on Christian brothers and sisters beside us... It's time **to shout for joy**, because of who Jesus is and what He has done for us.... Because of what we have been forgiven, much, so much, we can now love much, care much, give much, smile much, be thankful in all things, so much....because we have been forgiven much!

Psalms 32.11 The Message says...

Celebrate God.

Sing together—everyone!

All you honest hearts, **raise the roof!**