

The UNBRIDLED JOY of FORGIVEN SIN

Psalm 32 - Of David. A maskil

v1 **Blessed** is he whose transgressions are forgiven, whose sins are covered. v2 **Blessed** is the man whose sin the LORD does not count against him and in whose spirit is no deceit.
v3 When I kept silent, my bones wasted away through my groaning all day long. v4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah
v5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"--and you forgave the guilt of my sin. Selah
v6 Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. v7 You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah
v8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you. v9 Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you. v10 Many are the woes of the wicked, but the LORD's unfailing love surrounds the man who trusts in him. v11 Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!

This is one of seven (7) Psalms (6, 32, 38, 51, 102, 130, 143) known as "penitential" Psalms. They are deemed appropriate for prayer during a time of personal or corporate repentance. These psalms take the form of laments because their subject is lamenting over sin and the problems that arise for the sinner.

The Psalm follows David's confession after his adultery with Bathsheba and murder of Uriah found in 2 Samuel 11-12. David had not acknowledged his sin until he was confronted by Nathan, the prophet. Because of his sin, the child born out of the adulterous relationship dies, and David carries the burden of the consequences of sin.

For us to fully experience The UNBRIDLED JOY of FORGIVEN SIN we need to understand the journey we need to follow to have this experience.

Before we can experience The UNBRIDLED JOY of FORGIVEN SIN we will firstly

I. Experience the PAIN of UNCONFESSED SIN - v3-4

v3 When I kept silent, my bones wasted away through my groaning all day long. v4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.

1. The PHYSICAL effect of UNCONFESSED SIN. v3 When I kept silent, my bones wasted away through my groaning all day long.

You don't need to look very far to discover the physical effects of sin. Broken bodies, damaged brains, stress

2. The SPIRITUAL effect of UNCONFESSED SIN. v4 For day and night your hand was heavy upon me
GOD FELT FAR AWAY

3. The EMOTIONAL effect of UNCONFESSED SIN. v4 ... ; my strength was sapped as in the heat of summer.

Depression, suicide, HOWEVER, Not all Emotional Trauma is the result of sin.

Before we can experience The UNBRIDLED JOY of FORGIVEN SIN we will secondly

II. Follow the PROCESS of CONFESSING SIN - v5-6

v5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"--and you forgave the guilt of my sin.
Selah

v6 Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him.

1. **ACKNOWLEDGE SIN as SIN.** *v5 Then I acknowledged my sin .*

We all like to blame someone or something else for our SIN

“Let us stop blaming our circumstances, and rather blame our choices”.

2. **Confess PUBLIC SIN in PUBLIC.** *v5 Then I ... did not cover up my iniquity*

We are very good at hiding our sin. If your sin has public consequences, then it needs to be dealt with in public.

3. **Confess ALL SIN to JESUS.** *v5 Then ... I said, "I will confess my transgressions to the LORD ".*

Since every sin is a sin against God, all sin should be confessed to him. YOU DON'T NEED TO GO TO A PRIEST to confess you sin, he has no authority or power to forgive your sins.

4. **Confession should be part of our REGULAR PRAYER LIFE.** *v6 Therefore let everyone who is godly pray.*

ACTS - Adoration, **Confession**, Thanksgiving, Supplication.

5. **Confess when YOU ARE PROMPTED BE THE HOLY SPIRIT.** *v6 Therefore let everyone who is godly pray to you **while you may be found;***

Deal with sin when it arises. Complacency can lead to a suppressed conscience.