

# 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.

When you have confessed your SIN you will thirdly:

### III. **EXPERIENCE the UNBRIDLED JOY of FORGIVEN SIN - v1-2**

*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.*

1. **You will no longer be IN REBELLION against GOD.** *v1 Blessed is he whose transgressions are forgiven.*  
The Hebrew word for “TRANSGRESSION” is *pesha'* and means “a (national, moral or religious) revolt, Rebellion”  
When Adam and Eve sinned in the garden, they rebelled against God’s commands. The essence of SIN is REBELLION.
2. **Your “OFFENSIVE” behaviour will be FORGIVEN.** *v1 Blessed is he ... whose sins are covered.*  
The Hebrew word for “SINS” is *chăṭâ'âh* and means “an Offence”.  
Whenever we break the commands of God, we commit an “OFFENCE”.  
If you did just 10 sins a day, you would have committed 255500 offences if you lived till 70.  
**YOUR SINS ARE COVERED - BY THE BLOOD OF JESUS!!!!**
3. **You are declared INNOCENT and RIGHTEOUS.** *v2 Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit.*  
God NO LONGER holds your sins against you.
4. **The PENALTY for your sin is REMOVED.** *v5 I said, "I will confess my transgressions to the LORD "--and you forgave the guilt of my sin.*  
*Titus 2:14 (Christ) gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.*
5. **God moves from being our JUDGE to be our ADVOCATE.** *v6 ... 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.*  
What joy there is to know we belong to GOD in EVERY WAY.

When you have **EXPERIENCE the UNBRIDLED JOY of FORGIVEN SIN** you must fourthly:

#### **IV. CONTINUE TO LIVE A REDEEMED LIFE - v8-11**

*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!*

**1. FOLLOW GOD'S WORD.** *v8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you.*

God's Word should be our GPS in life.

**2. DON'T RETURN TO YOUR SINFUL LIFE.** *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.*

As a Believer, God will use different methods to get your to RETURN to HIM.

**3. ALWAYS REMEMBER, "YOU ARE LOVED!!!"** *v10 Many are the woes of the wicked, but the LORD's unfailing love surrounds the man who trusts in him.*

God may not "LIKE" your actions, BUT He LOVED you enough to DIE FOR YOU!!

**4. "DON'T WORRY, BE HAPPY".** *v11 Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!*

The Hebrew word for "REJOICE" is **śâmach** and means "BRIGHTEN UP"

The Hebrew word for "BE GLAD" is **gûl** and means "SPIN AROUND".

The Hebrew word for "SING" is **rânan** and means "SHOUT ALOUD FOR JOY".

### **SOUNDS LIKE A PARTY TO ME!!!**

2 Samuel 12:13-14 Then David said to Nathan, "I have sinned against the LORD." Nathan replied, "**The LORD has taken away your sin. You are not going to die.**"

#### **Conclusion**

### **WHY COULD NATHAN SPEAK WITH SUCH CONFIDENCE?**

**1 John 1:8-9 If we claim to be without sin, we deceive ourselves and the truth is not in us. v9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.**