

Confessions Is Good For The Soul

Text : **Psalm #32**

S#1.

A. David has long been one of my heroes in the faith.

1. He was a man who was described by God as :

Acts 13: 22 – After He had removed him, He raised up David to be their king, concerning whom He also testified and said, 'I have found David the son of Jesse, a man after My heart, who will do all My will.'

S#2.

2. How great to have God describe our lives as He described that of David while speaking to king Jeroboam :

I Kings 14: 8 – (I) tore the kingdom away from the house of David and gave it to you—yet you have not been like My servant David, who kept My commandments and who followed Me with all his heart, to do only that which was right in My sight;

S#3.

B. Though David was a man after God's heart and devoted to God, he sinned. **S#4.**

1. When his son Amnon raped his daughter Tamar, David did nothing.
2. When he was having his midlife crisis, he committed adultery and killed a friend.
 - a. David was becoming too old to fight so he was left home during the war.
 - b. He looked down on the wife of one of his Mighty Warriors as she bathed.
 - c. She became pregnant as a result of their adultery. (*She's never referenced w/ guilt*)
 - d. Bathsheba was the daughter of another mighty man (Eliam) and the grand-daughter of Ahithophel the Gilonite (Hittite), David's councilor who went with
3. Thus, David's actions were not only sinful; they were very disloyal and unwise.

C. That sin was contrary to David's character and it ate away at his peace.

1. For the man who seeks righteousness, conscience is a gift from God.
2. When the prophet came to David it was a relief ... **Psa. #51 gushed forth.**
3. **Psalm #32** speaks of David's struggle with his sin while it was hidden.

D. David's greatest joy in life was his relationship with God.

1. David had all that men value most on earth.
 - a. He was attractive in appearance, rich and famous.
 - b. He was one of the most powerful men in the world.
2. **But** closeness to God is what brought him joy.
 - a. David had a right and positive attitude toward God ... awe, respect, love, ...
 - b. From his youth his relationship with God was the foundation of his life.

E. David understood that God didn't want an adversarial relationship with man.

1. The eternal purpose of God is NOT to condemn, but to save mankind. **S#5.**
I Tim. 2: 3-4 This is good and acceptable in the sight of God our Savior, ⁴ who desires all men to be saved and to come to the knowledge of the truth.
2. David wrote most of the Psalms. (73 to 80)
 - a. This is a “maskil”, i.e., a teaching Psalm.
 - b. David mentions the “**mercy**” of God almost 100 times in his psalms.
 - c. In all of David's psalms he emphasizes the goodness, love and mercy of God.

I. Vss. 1-2 Discuss the comfort that comes from confession and forgiveness. S#6.

- A. **Psalm 32: 1-2** How blessed is he whose transgression is forgiven, Whose sin is covered! ² How blessed is the man to whom the Lord does not impute iniquity, And in whose spirit there is no deceit! **S#7.**

B. Sin is a heavy burden to carry. S#8.

1. **Prov. 28:13** – He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.
2. **ILL.-** Remember getting in trouble at school .. waiting for phone call to parents.
3. Sin can never be dealt with without involving God.
 - a. God already knows about it.
 - b. God is eager to forgive IF His children bring it to Him.

S#9.**C. David describes his failures in four ways : Transgression, Sin, Iniquity, Deceit.**

1. “**Transgression**” is the willful rebellion against the rule of God.
 - a. When one looks at a “No Trespassing” sign and cross the fence anyway.
 - b. **Heb. 10: 26** – For if we go on sinning willfully after receiving the knowledge of the truth, there no longer remains a sacrifice for sins, **S#10.**
2. “**Sin**” is a feminine noun indicating a violation by falling short of the standard.
 - a. Sin is a failure to be perfect.
 - b. God creates man perfect and He expects them to stay pure.

Eccl. 7: 20 – Behold, I have found only this, that God made men upright, **S#11.**
 but they have sought out many devices.
 - c. God's standard is ... Don't sin, “Be like Me.”

Matt. 5: 48 – Therefore you are to be perfect, as your heavenly Father is perfect.

3. **“Iniquity”** refers to moral crookedness, perversity, depravity.
 - a. Even though we are careful, dirt rubs off on us in the course of life. **Bath on sat.**
 - b. God knows our lives in every detail and loves us anyway.
 - c. We have JOY in knowing the forgiving nature of God toward HIS people.

** God looks for opportunities to pull us close, NOT push us away.*
 4. **“Deceit”** (KJV - **guile**) speaks to hypocrisy; literally: treachery, slackness
 - a. Trying to project an untrue image of ourselves.
 - b. Grace comes only to those who are not hypocritical. **One MUST own his sin.**
 5. Understanding that grace is ONLY for those who are God’s children by grace through faith, God puts three prerequisites to receiving grace :
 - a. The child of God must be seeking to do what is right. (***Walking in the light***) **S#12.**
I John 1: 6-7 If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth; 7 but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.
 - b. One must accept that, in spite of his best efforts, he is a sinner.
I John 1: 8 – ***If we say that we have no sin, we are deceiving ourselves and the truth is not in us.*** **S#13.**
 - c. One must confess his sinfulness to God.
I John 1: 9 – ***If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.***
- D. David recognized the tremendous blessing of receiving God’s forgiveness.**
1. **“How blessed is he whose transgression is forgiven.”**
 - a. God chose not to remember David’s sin. ***God didn’t deal with him as a sinner.***
 - b. **Psa. 103: 12** – ***As far as the east is from the west, so far hath He removed our transgressions from us.*** **S#14.**
 2. God’s forgiveness is never partial.
 - a. Sin is either scarlet or it is made white; **there are no pink sins.** **S#15.**
 - b. **Isa. 1: 18** – ***“Come now, and let us reason together,” Says the Lord, “Though your sins are as scarlet, They will be as white as snow; Though they are red like crimson, They will be like wool.***
 3. God’s forgiveness is never probationary. **“IF you don’t do it again or ”**
 - a. God understands that we live in flesh that is weak and in a world that is wicked.
 - b. Jesus commanded us to be patient with each other as He is with us.
Matt. 18: 22 – ***Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.” Once forgiven, it never happened.*** **S#16.**

II. Vss. 3-4 Discuss the burden of guilt when sin is not dealt with.**S#17.**

- A. **Psalms 32: 3-4** When I kept silent about my sin, my body wasted away through my groaning all day long. ⁴ For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah. **S#18.**

B. Conscience is a gift of God for the righteous, but often not to the wicked.

1. Through constant abuse, the wicked make their conscience useless.
 - a. **Titus 1: 15** – To the pure, all things are pure; but to those who are defiled and unbelieving, nothing is pure, but both their mind and their conscience are defiled. **S#19.**
 - b. **I Tim. 4: 2** – by means of the hypocrisy of liars seared in their own conscience as with a branding iron (*cauterized to destroy sensitivity*) **S#20.**
2. God warns us not to violate our educated Christian consciences. **S#21.**
 - a. **Rom. 14: 22-23** The faith which you have, have as your own conviction before God. Happy is he who does not condemn himself in what he approves. ²³ But he who doubts is condemned if he eats, because his eating is not from faith; and whatever is not from faith is sin.
 - b. *Conscience can make a right thing wrong, but not a wrong thing right.* **S#22. S#23.**

C. There's a difference between guilt and regret; the Apostle Paul dealt with regret.

1. **I Tim. 1: 15** – It is a trustworthy statement, deserving full acceptance, that Christ Jesus came into the world to save sinners, among whom I am foremost. **S#24.**
** The context clearly indicates the Paul knew he was forgiven and saved.*
2. **Rom. 7: 14f** ... The Apostle struggled with the weakness of his flesh.
 - a. The Christian will always struggle with regret for sins of our past.
 - b. Christians who confess their sins are completely forgiven so NO LONGER guilty.
3. Knowing this, the Apostle was able to put his past behind him.

Phil. 3: 13-14 Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, ¹⁴ I press on toward the goal for the prize of the upward call of God in Christ Jesus. **S#25.**

D. When one becomes a Christian his sins are completely washed away .. no stain.

1. When baptized as a faith response one's sins are washed away by the blood of Christ
 - a. **Acts 22: 16** – 'Now why do you delay? Get up and be baptized, and wash away your sins, calling on His name.' **S#26.**
 - b. **Rev. 1: 5b** – To Him who loved us and washed us from our sins in His own blood,

2. When one's sins are washed away, his conscience is purged of all guilt. **S#27.**
 - a. **I Pet. 3: 21** – Corresponding to that, baptism now saves you — not the removal of dirt from the flesh, but an appeal to God for a good conscience — through the resurrection of Jesus Christ,
 - b. **Heb. 9: 14** – how much more will the blood of Christ, who through the eternal **S#28.** Spirit offered Himself without blemish to God, cleanse your conscience from dead works to serve the living God?

III. It is hard to comprehend a God so willing to forgive repentant sinners. **S#29.**

- A. **Psalm 32: 5** – I acknowledged my sin to You, And my iniquity I did not hide; **S#30.**
I said, “I will confess my transgressions to the Lord”;
And You forgave the guilt of my sin. Selah.
- B. God wants to forgive sins, but man must first turn loose of his sins. **S#31.**
 - *1. God will forgive man **FOR** sins, but will not forgive man **IN** sins.
 2. God wants everyone to have an opportunity to turn from their rebellion.
 - a. **II Pet. 3: 9** – The Lord is not slow about His promise, as some count **S#32.**
slowness, but is patient toward you, not wishing for any
to perish but for all to come to repentance.
 - b. The choice is very clear ... Repent or Perish.
 3. Turning from sin, **i.e.**, repentance enables God to forgive sins.
Acts 3: 19 – Therefore repent and return, so that your sins may be wiped away, **S#33.**
in order that times of refreshing may come from the presence of the Lord;
- C. Because of His love, forgiving sins makes God happy.
 1. **Micah 7: 18** Who is a God like You, who pardons iniquity and passes over the **S#34.**
rebellious act of the remnant of His possession? He does not retain
His anger forever; Because He delights in unchanging love.
 2. No one can do enough to earn or to merit forgiveness.
 3. God will give it, if man will request it in the way God has instructed.

IV. God is eager to forgive all who will turn from sin and seek Him. **S#35.**

- A. **Psalms # 32: 6-7** Therefore, let everyone who is godly pray to You in a time **S#36.**
when You may be found; Surely in a flood of great waters
they will not reach him. ⁷ You are my hiding place; You preserve
me from trouble; You surround me with songs of deliverance.
Selah.

B. God is the security of every Christian.**S#37.**

1. Our loving God is always waiting with open arms to receive us.
2. He is never too busy or unwilling to hear our cries for forgiveness and help.
3. When the storms of life beat down on us, God is our rock of salvation.

C. No Christian should ever bear the burden of guilt.

1. God is watching over us with an outstretched hand waiting to rescue us.
2. He knows our every weakness and our every flaw, but loves us anyway.
3. Why would we try to hide anything from Him ?

CONCLUSION :**A. There is absolutely no sin you would never commit.****S#38.**

1. If you had asked David would he ever kill a friend to take his wife, David would have been insulted that you asked.
2. When you fall short and commit the unthinkable sin, know that God will forgive it if you will own it, turn from it and ask God to forgive it.

B. We all sin and we all know that we all sin so it's foolish not to deal with it.**S#39.**

1. We will admit that we are sinners, but hesitate to confess specific sins.
2. Even when others know about our sins we most often will not discuss them.
 - a. This robs us of a blessing Jesus died to purchase ... the church.
 - b. **James 5: 16 – Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.**
3. We know that God knows our sins, but sometimes we even do not discuss our struggles with Him.

S#40.**C. There is great Joy in being at peace with God.**

1. Give your heart to Him.
2. Trust Him to preserve it.

INVITATION :

I Pet. 5: 6–7 Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time, **7** casting all your anxiety on Him, because He cares for you.

Lesson Text :

Psalms #32

A Psalm of David.

A Maskil.

- 1** How blessed is he whose transgression is forgiven, whose sin is covered!
- 2** How blessed is the man to whom the LORD does not impute iniquity, and in whose spirit there is no deceit!
- 3** When I kept silent *about my sin*, my body wasted away Through my groaning all day long.
- 4** For day and night Your hand was heavy upon me; My vitality was drained away *as with the fever* heat of summer. Selah.
- 5** 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. Selah.
- 6** 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.
- 7** You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance. Selah.
- 8** I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you.
- 9** 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.
- 10** Many are the sorrows of the wicked, But he who trusts in the LORD, lovingkindness shall surround him.
- 11** Be glad in the LORD and rejoice, you righteous ones; And shout for joy, all you who are upright in heart.