

### 1.1.23 / The Joy of Confession / Psalm 32

Have you ever experienced stepping into something that you expected to be terrible and it was wonderful? *Roasted Brussel Sprouts* **Confessing sin to God** is kind of like that.

32:1-2

**1. Blessed are the forgiven.** What is it like to be clean or **free** or **without any** looming **burden hanging over you**? It's kind of like...

- a high school student who has just finished his exams and now has two weeks of Christmas break
- a college student who has just finished her degree and has three weeks until she needs to begin her new job
- entering into a Sabbath day that you're truly going to keep as a day without work
- stepping out on to the beach for a week of vacation
- receiving the news that you are cancer free
- Someone pays off your medical bill or college debt

The opening verses of this Psalm have in view the person who can stand clean and burden free before a Holy God.

Can you even imagine?!

- All wrong doing is forgiven.
- All sins are covered.
- The Lord is counting nothing against you.
- There are no lies or failures that you are hiding.

And you are welcomed into His loving presence.

For those of us who understand ourselves to have rebelled against our maker... this reality is what we long for – to stand before our Maker **forgiven, clean, debt free.**

In the next 2 verses David identifies an **obstacle** to that experience.

32:3-4 – *talk about the illustrations here*

**2a. The obstacle! Silence regarding your sin.**

Hide/ Rationalize / Distract – it's what David tried and it was miserable!

Have you ever felt that way? Hide / Rationalize / Distract

- Lie
- Someone points out my wrong

Hide / Rationalize / Distract – this hardens our hearts, zaps our energy, depletes our patience. We find that we become grumpy, bitter, defensive and impatient and **then** we cover it all with pride – a pitiful

pride that is really just a panic response to our own known failure. Put on front: "I'm strong; I'm good; I'm competent."

When we refuse to confess, we are hardening and dying inside. This is why many **non-believers** are walking around spiritually dead. This is why many **believers** are walking around spiritually sick... very sick. It's the failure to own and address one's rebellion.

- Now... it's easy to say (in general), "I know I'm not perfect. I mess up sometimes." That's pretty safe.
- It's much harder to say (**specifically**), "I'm sorry that I lost my temper with you; that was unfair and unkind to you."

Have you owned any specific wrong doing with the Lord or with others recently... or are you keeping **silent** in that regard?

*Selah* (here) is a rest and pause. Silence regarding sin... obstacle...

32:5-7 *This is David biting into Amanda's roasted brusel sprouts*

**2b. Confession is the path** to receiving forgiveness

This is a completely different picture than what many of us envision or experience when it comes to confession. "You did what?!"

That's an understandable **human** response... but it's **not** how God responds.

- Psalm 32:7
- 1 John 1:9
- Psalm 103:11-12

When I confess my wrong doing to an all-powerful all-knowing God, it never surprises Him. In fact, I learn that He has taken this into account and has planned **elaborately** to take my debt upon Himself.

**Receiving forgiveness is not about waiting for God to extend it. It's about realizing you need it.**

Review - Blessed is the forgiven / obstacle / path

32:8-10

**3. God's Instruction:** God's direction, protection and love

- V8 – Gracious loving counsel from the one you've wronged – God is not threatened by us.
- V9 – Invites us into relationship of trust – understand, trust and choose to follow His instruction
- V10 – silence is death on the inside / confessing leads to being surrounded with the loving arms of Heavenly Father

32:11

**4. David's Advice: Rejoice!**

David acknowledges this reality - confession leads to receiving forgiveness, acceptance, direction, and protection. It is fabulous!

**What do we do with this?**

- Be quick to Confess
- Be ready to extend forgiveness – remember... **Receiving forgiveness does not about waiting for God to extend it. It's about realizing you need it.**
- Be free to Rejoice – Ephesians 5:25b-27

Song of reflection – The Goodness of God