

“Where the Righteous Go When They are in Trouble”

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Preached at Calvary Rio Rancho on June 9, 2021

For Refuel devotional

TURN IN YOUR BIBLES: Psalm 32 (NLT)

INTRO:

Do you remember when you were a kid and you did something wrong?

- Did you come clean right away?
- Did you hide it?
- Did you lie about it?
- Did you ask for forgiveness?

BRIEF OVERVIEW OF TEXT IN YOUR OWN WORDS:

David is a man who has experienced the discipline of the Lord. We are not told which instance this is from David’s life. Like all of us, David had many sins that cause the Lord discipline him. But David didn’t just experience God’s discipline, he also experienced His forgiveness. And that is what this Psalm of instruction is all about – how God forgives the repentant sinner, but also how God will continue to chasten those who are unwilling to repent.

OUTLINE:

V. 1-4: Forgiveness vs. unrepentant sin

- **V. 1-2 – the joy for the one who repents**
- **V. 3-4 – the pain of unrepentant sin**

V. 5: The blessing of confession is forgiveness

V. 6-7: The best time to pray is NOW!

V. 8-10: Choose the best way

ENTIRE TEXT BELOW:

Psalm 32

A psalm of David.

¹ Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!

² Yes, what joy for those
whose record the Lord has cleared of guilt,
whose lives are lived in complete honesty!

³ When I refused to confess my sin,
my body wasted away,
and I groaned all day long.

⁴ Day and night your hand of discipline was heavy on me.
My strength evaporated like water in the summer heat.

Interlude

⁵ Finally, I confessed all my sins to you
and stopped trying to hide my guilt.

I said to myself, "I will confess my rebellion to the Lord."
And you forgave me! All my guilt is gone.

Interlude

⁶ Therefore, let all the godly pray to you while there is still time,
that they may not drown in the floodwaters of judgment.

⁷ For you are my hiding place;
you protect me from trouble.

You surround me with songs of victory.

Interlude

⁸ The Lord says, "I will guide you along the best pathway for your life.
I will advise you and watch over you.

⁹ Do not be like a senseless horse or mule
that needs a bit and bridle to keep it under control."

¹⁰ Many sorrows come to the wicked,
but unfailing love surrounds those who trust the Lord.

¹¹ So rejoice in the Lord and be glad, all you who obey him!
Shout for joy, all you whose hearts are pure!¹

V. 1-4: Forgiveness vs. unrepentant sin

¹ Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!

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My strength evaporated like water in the summer heat.

Interlude

David writes from a place of experience. He knows what it's like to have unconfessed sin, but he also knows what it's like to confess your sin and to be forgiven.

• **V. 1-2 – the joy for the one who repents**

¹ Oh, what **joy** for those
whose disobedience is forgiven,
whose sin is put out of sight!

² Yes, what **joy** for those
whose record the Lord has cleared of guilt,
whose lives are lived in complete honesty!

Q: What is this joy; this blessing that a person can experience?

It's those **whose** disobedience is forgiven, **whose** sin is put out of sight, **whose** record the Lord has cleared of guilt, but WHO are these people?

V. 2 - whose lives are lived in complete honesty!

¹ Tyndale House Publishers. (2015). [Holy Bible: New Living Translation](#) (Ps 32). Carol Stream, IL: Tyndale House Publishers.

- David explains what this means throughout the rest of this Psalm - the **"joy"** that David expresses in **V. 1** and **V. 2**, comes as a result of confessing sin to the Lord (being honest before HIM).
- **V. 3-4 – the pain of unrepentant sin.**

³When I refused to confess my sin,
my body wasted away,
and I groaned all day long.

⁴Day and night your hand of discipline was heavy on me.
My strength evaporated like water in the summer heat.

Interlude

David said there were several things that were torturous to him when he refused to confess his sin:

- **V. 3 – "my body wasted away...I groaned all day long"**
- **V. 4 – "My strength evaporated like water in the summer heat"**

Consequences of sin can make us physically sick.

my body wasted away – It is very common for people to starve themselves or overeat when they have unconfessed sin.

I groaned all day long – You find yourself sighing in disgust all day long. Guilt and shame will remain until we call out Jesus name.

- **ILLUSTRATION** - check engine light on my car after a rough idle
- Like the check engine light in our car, often times those feelings remind us of sin we haven't repented of in our own life.
 - Like David, maybe we've hid it or covered it up, but we know it's there and so does God.

My strength evaporated like water in the summer heat – Like Samson, when his hair was cut, sin will suck all of the strength we have right out of us.

But notice the very important detail that David recognized in **V. 4** - ⁴Day and night **your hand of discipline was heavy on me.**

- God loved David too much to let him get away with sin, He disciplined David in a way that made him so unsatisfied that He ran back to the only one who could satisfy him.

V. 5: The blessing of confession is forgiveness

⁵Finally, I **confessed all** my sins to you
and **stopped trying to hide my guilt.**

I said to myself, "I will confess my rebellion to the Lord."

And you forgave me! All my guilt is gone.

Interlude

ILLUSTRATION: You ever see the drug commercials or read the possible side effects of prescriptions that say something along the lines of "...Possible side effects include but are not limited to the following: vomiting, diarrhea, headaches, swelling, depression, thoughts of suicide, liver damage, etc."

ILLUSTRATION: "If you experience any of the side effects mentioned above, please contact your doctor."

Q: Are you tired of groaning and having constant inward turmoil because of your sin?

A: Don't ignore the side effects to sin in your life but confess them to the Great Physician.

- God – who loves you,
 - He already knows EVERY bad thing you've already done and wants to forgive you.

Satan would have you wallow in despair, stay stuck and immobile in your sin, but God wants to change you, forgive you, and bring you back into an effective service for Him and His kingdom.

When we have unconfessed sin:

It's common to have thoughts like "I'm not worthy to come to God in my situation, I need to clean myself up first." OR "God couldn't possibly love or forgive me for what I've done."

But let's look at our text today says in verse 5 and learn what David did and how the Lord responded:

What David did:

#1 – ⁵ Finally, I **confessed all** my sins to you

#2 – **and stopped trying to hide my guilt.**

What the Lord did:

#1 - I said to myself, "I will confess my rebellion to the Lord."

And you forgave me! All my guilt is gone.

Interlude

- You can just hear the joy in his voice can't you?
- That same joy can be yours today if you have been living with unrepentant sin:
- **1 John 1:9 (NKJV) – ⁹ If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.²**

The next question is, when should you do that? Do you have to wait until you clean yourself up first? Well, let us see what David learned and encourages us to do:

V. 6-7: The best time to pray is NOW!

⁶ Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment.

⁷ For you are my hiding place;
you protect me from trouble.

You surround me with songs of victory.

Interlude

In short, David is saying STOP SITTING IN YOUR SIN, confess it to the Lord.

The best time to pray and talk to God about your sin is NOW! Don't wait, because if you wait you are going to continue to be under God's discipline.

APPLICATION

I remember one of our children came to me and my wife one night when they were really young. She ended up confessing to us about something wrong she had done and that's why she hadn't

² [The New King James Version](#). (1982). (1 Jn 1:9). Nashville: Thomas Nelson.

been feeling good (she made herself sick because of unconfessed sin). As she burst into tears after her confession and we embraced her and forgave her, we had a teachable moment with her and I remember my wife saying "see, don't you feel so much better telling us and not having to carry that weight of sin any longer? Wouldn't it have been better to tell us right away?"

- It's so much better to live a life of honesty – before the Lord and others than it is to live with the guilt of unconfessed sin.

V. 7 –

David expresses what he finds in the Lord as he confesses his sin:

⁷ For you are my hiding place;

you protect me from trouble.

You surround me with songs of victory.

"you are my hiding place"

When we sin, like Adam and Eve in the garden, we want to hide from God or hide our sin, but David says, "You are my hiding place". That [desire to hide your sin as a way of dealing with it is only found to be satisfactory in God](#). Instead of taking our sin and hiding it from God, we should take it to Him and let Him be our source of comfort, covering, and security.

V. 8-10: Choose the best way

⁸ The Lord says, "I will guide you along the best pathway for your life.

I will advise you and watch over you.

⁹ Do not be like a senseless horse or mule

that needs a bit and bridle to keep it under control."

¹⁰ Many sorrows come to the wicked,

but unfailing love surrounds those who trust the Lord.

¹¹ So rejoice in the Lord and be glad, all you who obey him!

Shout for joy, all you whose hearts are pure!

Each of us have two decisions when it comes to sin, we can confess it to the Lord and ask for forgiveness or we can continue to stay in our sin by refusing to confess it. This Psalm urges us to take **the best pathway** for our lives, which of course is by being obedient to the Lord and being guided by the Him (especially when He is disciplining us).

The Psalms are full of metaphors and verse 9 gives a good illustration of a deep spiritual truth:

V. 9 – ⁹ Do not be like [a senseless horse](#) or [mule](#)

that needs a bit and bridle to keep it under control."

Q: What do we think of when we think of a senseless horse or a mule?

A: STUBORNNESS

- I usually think of a movie seen where a guy is trying pulling with all his might to try and lead a donkey, but the donkey isn't having it.

A bit and bridle are used to control the animal so they do what you tell them.

- Similar to grandma when she would grab your ear as a kid when you weren't listening – you started listening pretty quick.

What's the lesson this metaphor is trying to teach us? Don't be stubborn, but if you find yourself being stubborn and the Lord has to get your attention, LISTEN and OBEY.

Let us take the summary to heart in **Verses 10-11:**

¹⁰ Many sorrows come to the wicked,
but unfailing love surrounds those who trust the Lord.

¹¹ So rejoice in the Lord and be glad, all you who obey him!
Shout for joy, all you whose hearts are pure!

I pray that all of you listening to this message will humble your hearts, if you haven't already, confess your sins, trust the Lord, obey him and that it will give you great cause for joy in your life.

Extra Notes:

David, having experienced divine chastening and forgiveness (possibly for the sin of adultery and murder recorded in 2 Sam. 11), encouraged others to seek the Lord who deals graciously with sinners. If they refuse submission they will endure chastening.³

BACKGROUND:

This is written by David whose life can be separated into 4 main parts or titles:

- the shepherd boy
- the fugitive
- the king
- the exile

Even though we are told specifically, many people think that this was written by David after he repented from committing adultery with Bathsheba and murdering her husband, Uriah. (see 2 Sam. 11-12)

- But whatever the case may be, there are some clear lessons and instructions for the reader to learn from his failure.

Hebrew poetry - The psalms use Hebrew poetry which expresses an idea or truth over and over again, but perhaps in different ways and many times it expresses the idea or truth in further detail as the psalm goes on.

³ Ross, A. P. (1985). [Psalms](#). In J. F. Walvoord & R. B. Zuck (Eds.), *The Bible Knowledge Commentary: An Exposition of the Scriptures* (Vol. 1, p. 818). Wheaton, IL: Victor Books.