

Psalm 32 Psummer of Psalms Notes:
A person after God's own heart: Repentance

Consequences:

V.3-4 Physiological consequences to unconfessed sin

Cure:

- a) **Consider the Correction:** God uses people and the word to confront. Humility considers truth
- b) **Conclude if it's correct:** Determine if it is false or true guilt using God's word.
- c) **Confess.** V.5-6 GR-*Homologeō*- same words. Do not keep silent.

Psalm 51:1-5 reveals the heart of a man who sees his sin clearly and is quick to confess.

- d) **Cross:** Go to the cross: David ran to the one who forgives.

Hebrew/*Teshuva*; Greek/*Metanoia*- *Change your mind about something.* Once there is a change of mind/heart, there will be a change of direction to demonstrate that change of mind. Acts 26:20 Paul preached that "they should repent and turn to God and demonstrate their repentance by their deeds".

Confession allows us to be honest with God about our struggles and weaknesses and to receive His help and guidance to overcome them.

Repentance gives us judicial or legal forgiveness; Confession helps believers restore relationship.

- e) **Create a clean heart-** V. 10-12; It's the Holy Spirit alone that can produce the fruit of the spirit/the change I long to see.

Grow Group Questions:

1. What things set David from Saul in becoming a man after God's heart? How can I cultivate those?
2. Why is repentance so closely tied to our thinking?
3. Man's great problem is his desire to self-rule. How do repentance and confession transform our faith and create the conditions for the Holy Spirit to grow me?
4. What are the implications of unconfessed sin? Why do addiction recovery groups place such a high importance on righting wrongs?
5. Why do you think God used such a severe sinner to demonstrate "a man after His own heart"?

Homework (practical application):

Get a sheet of paper, write on the top "Sin List," and pray Ps. 139 and ask the Lord to show you anything in your life that needs to be confessed to Him. Then circle those sins that hurt someone else and then go and seek their forgiveness. **Note:** *your sins are forgiven past, present and future, yet the consequences often still impact us/others until we've sought reconciliation.* The steps to reconciliation are:

1. **Responsibility** (take ownership of your role)
2. **Remorse**/godly sorrow (worldly sorrow is regret over the consequences or getting caught; godly sorrow is that you've offended a Holy God)
3. **Repentance** (*total change of mind that leads to action*/"fruit in keeping with repentance" Mt. 3:8)
4. **Request-** Confess to the person. *Will you let me regain trust?*