

**I Will Pray**  
*I Will Pray Like David*  
Psalm 32:1-7

January 29, 2023

HDBC

**The Ganges River** is one of the world's longest rivers (1700 miles). It starts from a glacier high in the western Himalayas, and then drops down steep mountain canyons to India's fertile northern plain. It supports more than a quarter of India's 1.4 billion people, all of Nepal, and part of Bangladesh.

**It is also** one of the world's most polluted rivers. The river contains poisonous byproducts from hundreds of factories and towns. Arsenic, chromium, and mercury along with millions of gallons of raw sewage that flow into it daily.

**Why does** the pollution continue? It is a sacred waterway worshipped by a billion Hindus as a living goddess with power to purify. They believe the river can clean itself. **They are mistaken.** It will not clean itself.

**The same is true** of the human heart. It is infected, polluted, tainted by sin. Some people think it will clean itself up. All will be ok. **But they are mistaken.**

**We are** looking at the prayers of some of the people in the Bible. These are recorded for our benefit. One of the ways we learn to pray is by considering how they prayed. Prayer is not complicated. When we speak of prayer, we are simply referring to conversing with God. Speaking with Him and listening to Him. So, I want you to know something. **You . . . Can . . . Pray.** We all can. But not all praying is the same. Let me explain what I mean.

**There are different levels of intensity when we pray.**

Thanking God for the food is not as intense as praying to do well on a test. Praying to do well on a test may not be as intense as for a med procedure. Praying for med procedure may not be as intense as praying for a missing child. I think you get the point. The situation impacts our intensity.

**There are different types of prayers.**

Prayer of worship, praise, and adoration of God.  
Prayer of thanksgiving to God.

Prayer of asking for things we need or desire.

Prayer of intercession, talking with God on behalf of others.

Then there is the prayer of confession and repentance. Dealing with my sin.

This morning we looking at the prayer of confession.

**Is it important** for me to confess my sins to God on a regular basis? Yes

**How often should** I confess my sins to God? As often as you sin.

**If all my sins** are forgiven when I'm saved, why do I need to confess?

**Unconfessed sin** will not cause you to lose your salvation and miss heaven. It will not impact your eternal life but will impact your current life. The impact of unconfessed sin is much greater than most of us think. **King David learned this from personal experience** and wrote down some of his thoughts for our benefit. The importance of confession in our prayer life is sprinkled throughout the Psalms but is **prominently on display in two Psalms; 32 and 51**. Both Psalms look back to David's adultery with Bathsheba, the murder of her husband and his attempt to cover his sin. In both songs we learn the importance of confessing our sins. This morning I want us to consider Psalm 32:1-7.

### 1. **The joy of forgiveness** (1-2)

David starts with the end of the process. He writes of how sweet it is when we experience the forgiveness of God. David expresses his incredible joy and gratitude to God for his forgiveness. To understand the blessings he experienced in forgiveness we have to understand the depravity of his sin. The same is true of us. We must see how ugly and repulsive our sin is to God to fully appreciate His forgiveness. **David used four words for sin.**

**Transgression:** To rebel or revolt. Willful act of disobedience.

**Sin:** To miss the mark, to miss the way, to go wrong.

**Iniquity:** Guilt after sin has been committed.

**Deceit:** Treachery, deception

**David is offering** a look at the downward spiral of his sin and guilt.

He made a decision to rebel against God. Adultery

That caused him to miss the mark and fall short of God's standard.

That brought iniquity into his life, making him guilty before God.

At that point he had a decision to make. Confession or Deception.

David chose deception and it costed him. Look what he initially missed.

**Three statements** reveal what God does when we confess rather than hide.

Our sins are **forgiven**. To lift up and take away, to pardon.

Our sins are **covered**. To conceal. To cover to avoid the penalty.

Our sins are **unimputed**. To keep them off the books. Erase from account.

## 2. The costs of waiting (3-4)

Unconfessed sin is costly, and the primary cost is on the inside.

**Edgar Allen Poe** was an American writer best known for his poems and short stories about mysteries and the macabre. One example is ***A Tell-Tale Heart***. The main character has committed murder and is unable to escape the guilt. He begins to hear the heartbeat of the victim who has been buried in his basement. The beat continues and begins to drive him mad. Ultimately the reader discovers that it is not the heartbeat of the dead man but of the murderer himself. His guilt was driving him mad.

**As Swindoll** has written, *David was no stranger to this maddening malady*. When he tried to cover his sin, he not only felt the weight of a guilty conscience but the heavy hand of discipline from his heavenly Father.

**David kept silent**. He refused to confess to God. He refused to own it. He refused to come clean with God and with others. He could fool others, but not God. We can do the same. During that time he experienced the pain of unconfessed sin.

**Wasted away** – To decay at an accelerated rate.

**Vitality** speaks of that which gives life. Like the sap in a tree. Aging quickly.

David was utterly miserable in this state of deception and silence. He could find no peace in his mind or body. **Charles Spurgeon captures it well.**

*He was silent as to confession, but not as to sorrow. Horror at his great guilt drove David to incessant laments, until his voice was no longer like the articulate speech of man, but so full of sighing and groaning that it resembled the hoarse roaring of a wounded beast. None know the pangs of conviction but those who have endured them. The rack and the wheel are ease compared with the hell which a guilty conscience kindles within the breast.*

*The Spanish inquisition with all its tortures was nothing to the inquest which conscience holds within the heart.*

*God's finger can crush us—what must his hand be and that pressing heavily and continuously. Under terrors of conscience men have little rest by night for the grim thoughts of the day dog them to their chambers and haunt their dreams, or else they lie awake in a cold sweat of dread. God's hand is very helpful when it uplifts but is awful when it presses down. Better a world on the shoulder than God's hand on the heart.*

There is an enormous cost you will pay if you refuse to confess your sin! Like the Ganges river, it will not clean itself. The sin, the guilt will not simply fade away. Read Psalm 51 for a more complete picture.

### **3. The prayer of confession (5)**

Finally, David confessed his sin to God. He admitted his sin. He stopped hiding his sin. He confessed that what he did was sin against God. He received the **sweet, refreshing forgiveness** of God. Like a **cool rain on a hot day** the forgiveness of God not only washes away our sin, but our guilt, and not only our guilt, but the torment that comes with that guilt. If you are harboring sin, I want to implore you to confess it, own it, admit it and you will receive the joy and blessings that David wrote about in the first two verses.

### **4. The call to prayer (6a)**

I love this first line of verse 6. Based on his personal experience David then calls on all believers to be quick to confess. He knows all too well that it is futile to try to hide our sins from God. He wants us to learn and benefit from his experience.

**Unconfessed sin**, hidden sin, impacts more than you may think.

**Impacts your relationship with others.**

**Keeps you from praying with power and effectiveness.**

**Robb you of a clean conscience, stealing your joy and contentment.**

**Restricts your ability to worship freely and fully.**

**Clouds your spiritual vision. Hard to see God's plan.**

**Distorts your discernment. Hard to make good decisions.**

## 5. The benefits of a clean heart (6b-7)

David then closes out this section by reminding us of the benefits of a clean and pure heart. **We can find in God a hiding place.** The picture is of God being a safe haven in the middle of storms that might be swirling around us. He is a source of safety, peace and comfort. This is impossible to experience as long as you are harboring unconfessed sin.

Note the last line of verse 7. ***You surround me with songs of deliverance.*** To be protected by a loving God who is serenading me with songs of deliverance. *Like a mom who gently sings to her child to bring him comfort . . . only better!*

**The bible affirms** what human experience teaches; we are all sinners! We steal, lie, cheat, and deceive. We commit gluttony, greed, and adultery. We are jealous, angry, and mean. We know it's true because we see it in others, and we see it in ourselves. We also know it's true because the Bible declares it so.

**Because** we are all sinners, we all need the forgiveness that only Christ can offer. We need this **forgiveness in two ways**. **First**, we need the complete forgiveness that comes when we place our faith in Jesus and are born again. Because of this forgiveness we are saved from hell and for heaven. We need this forgiveness for our eternal life.

**Second**, we need the day-to-day forgiveness that keeps us in right fellowship with our heavenly Father. This forgiveness enables us to be used by Him for His glory. We need this forgiveness for the here and now. It enables us to walk in sweet fellowship with Him. It brings with it joy, blessing and fulness of life. **So, what forgiveness do you need today?**

**If you** have never trusted Christ for the forgiveness of all your sins, you need to do that. Confess that you are a sinner and in need of His salvation. Ask Him to enter your life and forgive your sins. If you are already saved, are there unconfessed sins in your life that are impacting your here and now?

*Whether you use a computer, laptop, tablet, or smart phone, you have probably learned that there is one process that solves most of the problems that arise. Restart your device. Doing so cleans out all the clutter that has built up and provides a clean start. In a way that is what confession does.*