

**A Psalm of David. A Contemplation.**

<sup>1</sup> *Blessed is he whose transgression is forgiven,  
Whose sin is covered.*

<sup>2</sup> *Blessed is the man to whom the Lord does not impute iniquity,  
And in whose spirit there is no deceit.*

<sup>3</sup> *When I kept silent, my bones grew old  
Through my groaning all the day long.*

<sup>4</sup> *For day and night Your hand was heavy upon me;  
My vitality was turned into the drought of summer. Selah*

<sup>5</sup> *I acknowledged my sin to You,  
And my iniquity I have not hidden.  
I said, "I will confess my transgressions to the Lord,"  
And You forgave the iniquity of my sin. Selah*

<sup>6</sup> *For this cause everyone who is godly shall pray to You  
In a time when You may be found;  
Surely in a flood of great waters  
They shall not come near him.*

<sup>7</sup> *You are my hiding place;  
You shall preserve me from trouble;  
You shall surround me with songs of deliverance. Selah*

<sup>8</sup> *I will instruct you and teach you in the way you should go;  
I will guide you with My eye.*

<sup>9</sup> *Do not be like the horse or like the mule,  
Which have no understanding,  
Which must be harnessed with bit and bridle,  
Else they will not come near you.*

<sup>10</sup> *Many sorrows shall be to the wicked;  
But he who trusts in the Lord, mercy shall surround him.*

<sup>11</sup> *Be glad in the Lord and rejoice, you righteous;  
And shout for joy, all you upright in heart!*

INTRO to series "Summer in Psalms" – The Hebrew Psalms in our Bible are filled with ancient prayers, poems, laments, hymns, and spiritual songs written by God's people throughout many generations. As the Holy Spirit spoke through them, their words of praise and faith were collected into five books with 150 different psalms.

Our Summer series will survey several of the Psalms which proclaim God's faithfulness in all generations. They also call on us to trust the Lord in our own generation, seeking His best purposes in our homes, our church, and the world in which we live. A special part of this summer series will be the incorporation of music and singing led by our worship teams based on the Psalms we study.

INTRO to **Psalm 32**: This psalm of David is called a *maskil*, which means a song meant “to instruct or teach.” This psalm records David’s thankfulness for the freedom and joy of God’s forgiveness and was likely written after his experiences with Bathsheba and her husband Uriah, when David had tried to cover up and hide his sin, even from God. (see also **Psalm 51** and **Psalm 38**).

-**Psalm 32** is arranged in (4) different pairs of musical expression (**vs. 1-2, vs. 3-4, vs. 5-6, vs. 8-9, vs. 10-11**), with a single transitional verse in the middle (**vs. 7**). Within these pairs of verse are (7) different triplet descriptions of the biblical truth being taught.

### **A. Three Types of Sin (vs. 1-2):**

- 1.) A conscious breaking of God’s law (*transgression, trespass*)
- 2.) Falling short of God’s standards (*Sin = a missing the mark*)
- 3.) The sinful nature we all have (*iniquity*)

-Sin is anything that displeases God!

### **B. Three Aspects of God’s Complete Forgiveness (vs. 1-2):**

- 1.) The Lord lifts our sin burden. (*forgiven*)
- 2.) The Lord takes away the shame of our sin. (*covered*)
- 3.) The Lord cancels our debt and erases the record of guilt. (*does not impute iniquity*)

### **C. Three Expressions of How Hiding Sin Makes Us Miserable (vs. 3-4):**

- 1.) Numbness grows inside me – *my bones grew old*
- 2.) My spirit continually cries out for relief – *my groaning all the day long*
- 3.) I remain spiritually dry – *my vitality was turned into the drought of summer*

-Much like grief, holding in and trying to conceal sin can result in physical symptoms – the body, soul, and spirit are interconnected. When something is wrong in the inner self, the outer self is often affected. (see also **Psalm 38** below)

### **D. Three Characteristics of Genuine Confession (vs. 5-6):**

- 1.) I acknowledge my sin before the Lord (*I acknowledged my sin to You*)
- 2.) I am fully transparent before the Lord (*my iniquity I have not hidden*)
- 3.) I give the Lord my full confession (*I said, “I will confess my transgressions to the Lord,”*)

-The result: It was after David’s confession, when he stopped covering up his sin and concealing what he’d done, that God’s forgiveness was applied and received – *And You forgave the iniquity of my sin.*

-God is for the believer a true shelter where even the greatest of the flood waters of sin, guilt, shame, and spiritual oppression cannot reach!

**E. Three Ways God is a Refuge for the Righteous (vs. 7):**

- 1.) God protects us from current harm (*You are my hiding place*)
- 2.) God preserves us from future harm (*You shall preserve me from trouble*)
- 3.) God comforts us with His continual promises of deliverance (*You shall surround me with songs of deliverance*)

NOTE: The final four verses after this *Selah* are a new movement in the psalm.

**F. Three Ways God's Wisdom is Given (vs. 8-9):**

- 1.) Instruction - "*I will instruct you*"
- 2.) Teaching - "*I will teach you*"
- 3.) Guidance - "*I will guide you*"

-One of the things that separates us from animals and beasts – we've been given a conscious mind to follow God's leadership or not (**vs. 9**).

**G. 3 Ways to Respond to God's Forgiveness with Praise and Thanksgiving (vs. 10-11):**

- 1.) *Be glad in the Lord*
- 2.) *Rejoice*
- 3.) *Shout for joy*

-Psalm 32 ends in celebration, for when God forgives us as we practice confession and repentance, He truly does not count our sins against us but rather counts us among the righteous!

**APPLICATIONS:**

**APPLICATION 1: God's grace is truly greater than our sin.**

**APPLICATION 2: God's forgiveness results in true freedom.**

-God takes our sin, carries its weight; and IN CHRIST He has paid the price for this forgiveness to be possible! (see **2 Corinthians 5:17-21** below)

**APPLICATION 3: God's wisdom leads us to walk in true righteousness.**

**APPLICATION 4: God's gift of salvation brings true joy.**

## **Other Scriptures Referenced:**

### **Psalm 38:1-10, 21-22:**

*O Lord, do not rebuke me in Your wrath,  
Nor chasten me in Your hot displeasure!*

*<sup>2</sup> For Your arrows pierce me deeply,  
And Your hand presses me down.*

*<sup>3</sup> There is no soundness in my flesh  
Because of Your anger,  
Nor any health in my bones  
Because of my sin.*

*<sup>4</sup> For my iniquities have gone over my head;  
Like a heavy burden they are too heavy for me.*

*<sup>5</sup> My wounds are foul and festering  
Because of my foolishness.*

*<sup>6</sup> I am troubled, I am bowed down greatly;  
I go mourning all the day long.*

*<sup>7</sup> For my loins are full of inflammation,  
And there is no soundness in my flesh.*

*<sup>8</sup> I am feeble and severely broken;  
I groan because of the turmoil of my heart.*

*<sup>9</sup> Lord, all my desire is before You;  
And my sighing is not hidden from You.*

*<sup>10</sup> My heart pants, my strength fails me;  
As for the light of my eyes, it also has gone from me . . .*

*<sup>21</sup> Do not forsake me, O Lord;  
O my God, be not far from me!*

*<sup>22</sup> Make haste to help me,  
O Lord, my salvation!*

**2 Corinthians 5:17-21:** *“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation. We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God. God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.”*

## **Other Quotes/Resources:**

-It’s been said that: “St. Augustine used to read this psalm with weeping heart and eyes, and had it before his death written on the wall over his sickbed.”

-What does *Selah* mean? This was most likely a musical interlude or a “rest”, but because it is included in the text its spiritual meaning can be more like “amen.”