

Psalm 32 (A Psalm of David)

¹⁻² When is a man a happy man? It is

- 1) when His rebellious thoughts and actions are forgiven and erased from God's memory forever,
- 2) when the LORD does not hold his sin against him or plan on punishing him for his error, and
- 3) when he has such a pure heart that he will not misrepresent the truth.

³ When I tried to hide my sin and keep it to myself, the guilt was so overpowering that all I could do was groan all day long under the weight of it. Doing so actually made me sick. ⁴ LORD, You put heavy pressure on me day and night prompting me to repent. As a result, my health deteriorated, and my strength waned like plants in the desert when the hot dry winds blow.

Folks, stop what you are doing, and understand that harboring sinful practices will hurt you severely.

⁵ LORD, when I finally determined to get right with You, I said to myself, "I will confess my sin to the LORD." I no longer want to hide my sin. When I admitted my sin, You forgave me and removed the heavy guilt I was carrying.

Folks, stop what you are doing, and understand how confessing and forsaking sin will relieve you from the weight of guilt and pain.

⁶ Since God will forgive a repentant sinner, let everyone who is trying to live good and godly pray to God while He can be found. When you do, the LORD will keep floods of hurts and heartaches far from you like He did for me. ⁷ LORD, You are the place I run to for protection. You preserve me from trouble, and You give me songs of deliverance all around.

Folks, stop what you are doing, and understand that joy replaces guilt when you confess and forsake your sin.

⁸ The LORD said,

"My son, I will teach you what you need to know in order to live a good and godly life, and I will show you how to put these things into practice. I will watch everything you do and think, and I will advise you about the decisions you will need to make. ⁹ Oh, but don't be like a dumb horse or mule. They are unable to think so they act on instinct. As a result, you have to put a bridle on them, and the bit in their mouth will make them obey you. Otherwise they won't do anything you want them to do. If you think you already know all you need to be good and godly you will be just like them. Don't do that."

¹⁰ Those who engage in wicked thoughts and actions will be filled to overflowing with sorrows and losses, but anyone who trusts in the LORD will be showered with lots of His tender love and kindness. ¹¹ You who live good and godly and do what is pleasing to the LORD will be glad and shout for joy about all of the good things the LORD can and will do for you.