

## Confession Instruction

Psalms of David · Book I · The Seven Penitential Psalms

*"By David. A contemplative psalm."*

## IN ONE SENTENCE

*Blessed is the one whose sin is forgiven; David confesses, finds God as his hiding place, and calls the righteous to rejoice.***Remember it:** Thirty-two: confess, and the load is lifted; God becomes my hiding place.

## MEMORY VERSE

I acknowledged my sin to you. I didn't hide my iniquity. I said, I will confess my transgressions to Yahweh, and you forgave the iniquity of my sin. Selah.

Psalm 32:5 · World English Bible

## HEBREW WORD

נָשׁוּי

*"forgiven" · verse 1*

In the Psalms: 48 times, in 36 psalms

נָשׁוּי means "forgiven," from a verb meaning "to lift" or "to carry." Forgiveness in Hebrew is a burden lifted off and carried away, the same verb used when the scapegoat bears Israel's sins into the wilderness. David felt that weight leave him.

## HOW THE PSALM MOVES

- 1-2** Blessed is the one whose sin is forgiven.
- 3-5** Silence crushed David until he confessed and was forgiven.
- 6-7** The godly should pray; God is a hiding place.
- 8-11** God promises to guide; don't be a stubborn mule; rejoice.

## IN THE NEW TESTAMENT

**v. 1-2 → Romans 4:7-8** Blessed is the one whose sin is forgiven: righteousness by faith.

## MY NOTES

**Listen.** Hear Psalm 32 in the **Psalm Song** app, or free at [ispress.de/psalms/32](https://ispress.de/psalms/32).**Didactic.** Preached: a teaching psalm, a sermon meant to be heard, not sung.

Forgiveness &amp; Repentance

## FILL IN THE BLANKS

Blessed is the one whose sin is \_\_\_\_\_; David \_\_\_\_\_, finds God as his \_\_\_\_\_ place, and calls the righteous to rejoice.

## CHECK YOURSELF

1. What happened to David while he kept silent?

(A) His bones wasted away

(B) He became rich

(C) His enemies fled

(D) He slept well

2. What animals should we not be like?

(A) The lion and the bear

(B) The sheep and the goat

(C) The horse and the mule

(D) The dog and the pig

3. What surrounds the one who trusts in the LORD?

(A) Many sorrows

(B) Loving kindness

(C) Great waters

(D) Armed guards

## TALK IT OVER

1. What did unconfessed sin do to David's body and spirit?

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2. What does this psalm teach about how willing God is to forgive?

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3. Why do people hide their sin, and what keeps you from honest confession?

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## IN YOUR OWN WORDS: WHAT DOES PSALM 32 TEACH?

☐ I listened to the song

☐ I can say what it teaches

☐ I can say verse 5 by heart

☐ I know the picture word

Answers: Blanks: forgiven · confesses · hiding · Check yourself: 1. A (v. 3) · 2. C (v. 9) · 3. B (v. 10)