

When we need to Come Clean with God

Psalm 32.1-11

Guilt is bad for you!

1. The Damage of Unconfessed Sin,

vs 3-4

- ***premature ageing - weary bones v3***
contrast renewed strength Is 40.31
- ***perpetual misery v3***
Holy Spirit grieved Eph 4.30-5.1
so, lack of joy
- ***persistent heaviness v4***
under pressure from God
- ***permanently exhausted v4***
lethargic, no energy
deep malaise 1 Cor 11.17-32

2. The Duty to Confess our Sins, v5-7

- **sin in all its ugly forms v5**
 - transgression – breaking laws**
 - sin – veering off course Is 53.6**
 - iniquity - perversity**
 - deceit – denial 1 John 1.8**
 - Heb 3.12-13; Gen 3.1-5**
- **confession in its rounded form v5**
 - acknowledge – own up**
 - don't cover up – be open 51.5;**
 - Heb 4.13**
 - confess – admit errors**
- **prayer in all its urgency v6; Is 55.6-7**

3. The Delight of sins forgiven, v1-2,7

- *three heart-warming pictures vs 1-2*
 - the lifting of a burden 1 Pet 2.24*
 - the covering of our debt*
 - the removal of our liability*
 - 2 Cor 5.19; Col 1.21-22;*
 - Rom 4.25-5.1*
 - all of God's grace Rom 4.6-8*
 - for genuinely repentant v2*
- *promised protection vs 6-7*
 - Mat 7.24-25*

4. The Determination

to live God's way, vs8-11

- *God promises to direct us v8*
 - through his Word Psalm 119.9,11*
- *Be responsive to God v9*
 - don't be stubborn like a mule*
- *Be embraced by God's love v10*
 - experience joy restored v11*