



Your Guilt Can be Gone!

Psalm 32

Message Notes by Dr. Mark Platt

Psalm 32 is written by a man who did something terrible. After being confronted by Nathan the prophet (2 Samuel 12), David was horrified and humiliated by his great sin. Guilt overwhelmed him.

Perhaps you have done something evil or sinful. Maybe that guilt has left you with a shame that won't go away. Guilt can be overpowering but it can be gone!

This psalm is called a *maschil*, an instructive or didactic song. Under the inspiration of the Holy Spirit, David teaches us from his own experience. He tells us how to be released from guilt and experience the grace of God. How can your guilt be gone? This psalm tells us **five actions** God takes to remove your guilt.

I. God erases your guilt

(verses 1-2)

1. by forgiving your sins *“transgressions are forgiven”*
2. by covering your sins *“whose sins are covered”*
3. by canceling your sins *“the LORD does not count against him”*

II. God forgives your sin

(verses 3-6)

1. Un-confessed sin has grave penalties. *“wasted....groaning...sapped”*
2. Confession has great benefits *“the Lordforgave the guilt”*

III. God protects your soul

(verse 7)

1. God will be your stronghold *“You are my hiding place”*
2. God will be your bodyguard *“You...protect me from trouble”*
3. God will be your music *“You ... surround me with songs”*

IV. God guides your life

(verses 8-9)

1. God will be your teacher *“will instruct you and teach”*
2. God will be your counselor *“will counsel you and watch over you”*

V. God rewards your faith

(verses 10-11)

1. Obey God *“Do not be like the horse or the mule”*
2. Submit to God *“unfailing love surrounds the man who trusts in him.”*

Your Response:

1. According to Psalm 32, what are the disadvantages of not confessing your sin? What are the advantages? Which looks like a better deal? Why?
2. Re-read Psalm 32. What are the steps this psalm tells you that you must take to remove guilt from your life?
3. Spend some quality time with God in introspection and examination. What sins have you never acknowledged to God? Now confess your sin to God! Promise Him you will leave your sin and then do it!
4. Memorize verses 1, 2, and 5 this week.

Resources:

Exposition of Psalms by H.C. Leupold
Psalms (2 volumes) by Derek Kidner
Grace by: Lewis Sperry Chafer
What's So Amazing About Grace? by: Philip Yancey