



The Weight of Sin vs The Joy of Forgiveness (PSALM 32)

PSALM 32 – A MASKIL

- ▶ Psalm 32 is considered a “maskil.”
 - ▶ The word "Maskil" is found in the titles of thirteen Psalms (**32, 42, 44, 45 54, 55, 74, 78, 88, 89, and 142**).
- ▶ A maskil is a psalm designed to impart wisdom. It is intended to highlight the relationship between the knowledge of God and the application of the knowledge producing righteous living.
 - ▶ The writer makes it clear that his goal is to provide wisdom to the reader.
 - ▶ **“I will instruct you and teach you the way you should go” (v.8).**
- ▶ What wisdom and instruction does this particular psalm provide?
- ▶ The contrast between the weight of sin and the joy of forgiveness.

THE JOY OF BEING FREE FROM SIN (V.1-2)

- ▶ The first two verses of the psalm immediately jump to the writer's point:
 - ▶ **"Blessed is the one whose transgression is forgiven, whose sin is covered. Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit."**
- ▶ We all carry the weight of sin (**Rom. 3:23; 1 John 1:5-10**), and the psalmist was no stranger to this burden.
- ▶ Understanding this burden allowed the psalmist to also understand the blessedness, or joy, that comes from being free from the shackles of sin (**Psalms 51:12**).
 - ▶ Today, we all can experience this same joy (**Rom. 14:17; Luke 10:17-20**).

THE WEIGHT OF UNCONFESSSED SIN (V.3-4)

- ▶ Describing his battle against sin, having not yet confessed them, the psalmist said:
 - ▶ **"For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer."**
- ▶ The weight of sin not affected the writer's mental state, but also his physical health, with his bones wasting away and strength drying up. Sin does the same to us today.
 - ▶ Sin carries a heavy mental burden (**v.10; 1 Pet. 5:7-8; 2 Pet. 1:8-9; Matt. 27:3-5**).
 - ▶ Sin carries a physical toll (**Deut. 6:1-2; 1 Cor. 11:29-30; Prov. 10:27, 16:31**).
 - ▶ Sin spiritually kills (**Isa. 59:1-2; Ezek. 18:20; Rom. 6:23**).

THE ONLY LOGICAL RESPONSE (V.5)

- ▶ Due to the weight of sin its consequences, the psalmist provided the only rational response – he confessed them to God:
 - ▶ **"I acknowledged my sin to you, and I did not cover my iniquity; I said, 'I will confess my transgressions to the Lord.'"**
- ▶ And what was God's response to this confession? He forgave:
 - ▶ **"I said, 'I will confess my transgressions to the Lord,' and you forgave the iniquity of my sin."**
 - ▶ This is consistent with God's character (**2 Chron. 7:14; Heb. 8:12; Psalm 103:12**).
- ▶ If we do the same today - pray for forgiveness upon turning from our sins - God will likewise remove our weights and forgive us (**Acts 2:38, 3:19, 8:22; 1 John 1:9**).
 - ▶ We must have the proper heart to obtain forgiveness (**v.11; James 4:8; Matt. 5:8**).

THE ONLY LOGICAL RESPONSE (V.5)

- ▶ The writer of Psalm 32 serves as a great example of one who felt the weight of sin, but experienced the joy of those burdens being lifted through forgiveness from God. He encourages us to follow his example:
 - ▶ **"Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance" (v.6).**
- ▶ Let us not be like **"a horse or a mule, without understanding"** (v.9); let us accept the instruction and counsel of the psalmist (v.8) by not remaining rebellious against God and accept the forgiveness He freely provides when we meet his conditions.