

Psalm 32 - (Psalm 1) (Sermon Notes)

- Opening Comments – Review 1 Thessalonians 4
- Genuine – Dynamic – Contagious
- Pure – Hope – Love
- Loving one another
- Prayer
- Every one of us will have troubles in our lives,
- Just as the sparks fly upwards from a fire.
- And every one of us who gets married will have problems as well.
- And it's not me saying it; it's what the bible says. (Job, 1 Cor.)
- On this earth we do not live simple lives...our lives are complicated.
- Maybe as little children,
- Through the protective efforts of our parents, it was simpler,
- But with each passing year, with all the times and turns,
- Life gets more complicated.
- But it wasn't always that way.
- Today's scripture is Psalm 32.
- Again, love going into the OT, because the teachings of the OT
- Align with the teachings of the New Testament.
- The Psalms, Proverbs, Ecclesiastes, Job, and The Songs of Solomon,
- Make up the books of wisdom, and we can certainly find
- A lot of wisdom when we read the Psalms, all 150 of them.
- Psalm 32 is a beautiful psalm that speaks of God's mercy,
- Mercy that He is heart fully willing to extend to each one of us.
- It speaks of His forgiveness of the sins of life.
- I think that if we look at our lives, it would be true to say that
- We humans have a propensity to take things that are simple
- And we make them complex.
- I would venture to say with confidence that it is certainly true
- In our relationships, with our actions and with the words we speak.
- Again, Life is complicated, but it wasn't always that way.
- If we go back in time to the Garden of Eden in the Book of Genesis,
- We would see that life was much simpler for Adam and Eve.
- We sit in our living rooms on a cold winters day, and watch
- The TV commercials that show the islands as being a paradise.

- Well, that's what Adam and Eve were given.
- They were given an environment of paradise
- They were able to enjoy everything that was their disposal.
- And God told them to enjoy it, but told them to stay away from one thing.
- And that was the tree of knowledge, the tree of good and evil.
- As parents, we love our children and will do anything to protect them.
- So we guide them to stay away from things where they could find harm.
- It's not because we want to show great authority, it is out of love.
- And God, being the perfect parent, was trying to protect His children.
- He didn't want Adam and Eve to know evil.
- He didn't want them to be a part of the knowledge of evil
- And He told them, don't eat of that tree.
- We know that God created the heavens and the earth,
- And from that time when He separated the land from the waters,
- And aligned all the planets in space.
- God has always been a God of order.
- He is not a God of chaos.
- And when He said to His creation, don't eat of this, it was a simple request.
- And how long did it take from that day,
- To when Eve heard a voice of the serpent saying, it's not really that way.
- That it's really not that simple of a request.
- So who was the one whom provided the impetus
- To make things complex and multilayered?
- It was the Serpent, the enemy himself.
- And from that point all the complexities on life on earth,
- Emanated from the voice of Eve's disobedience.
- The beauty of simplicity of visiting with God,
- Which once had no barrier, now had a barrier.
- There was no longer a place where they could simply communicate
- With Him, and to be in His presence. It stopped being that way.
- Where the lion had laid down with the lamb
- In the Peace of the Garden was gone.
- Where there once was no conflict in the paradise that God created
- Now there was, and it happened with that one decision.
- That one decision to disobey God put a stop to all of that.
- They could no longer just walk in that place anymore

- Everything that was simple, became complex, became difficult.
- Where they once walked naked and were unashamed,
- They now felt shame.
- Conflict now existed in man and around man.
- Conflict is what makes a good book.
- (Man vs man), (man vs nature), (man vs society)
- But conflict doesn't make a life good.
- My namesake David knew all that too well.
- He was not a stranger to sin, and to what real conflict was
- And what it entailed as well.
- He knew what it was to be on top of the world
- And he knew what was on the very bottom
- To be the God anointed King one day
- And to be covered with sackcloth and ashes the next.
- But, David, the man after God's own heart, also knew
- About the forgiveness and mercy of God in a mighty and a powerful way.
- And in Psalm 32, he writes of it.

**Blessed is the one whose transgressions are forgiven,
whose sins are covered.**

**² Blessed is the one whose sin the LORD does not count against them
and in whose spirit is no deceit.**

**³ When I kept silent, my bones wasted away
through my groaning all day long.**

**⁴ For day and night your hand was heavy on me;
my strength was sapped as in the heat of summer.**

**⁵ Then I acknowledged my sin to you and did not cover up my iniquity.
I said, "I will confess my transgressions to the LORD."
And you forgave the guilt of my sin.**

**⁶ Therefore let all the faithful pray to you while you may be found;
surely the rising of the mighty waters will not reach them.**

**⁷ You are my hiding place;
you will protect me from trouble and surround me with songs of deliverance.**

**⁸ I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.**

**⁹ Do not be like the horse or the mule, which have no understanding
but must be controlled by bit and bridle or they will not come to you.**

**¹⁰ Many are the woes of the wicked, but the LORD's unfailing love
surrounds the one who trusts in him.**

**¹¹ Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!**

- Transgression against God is when we defy His authority
- Defying the authority of our creator and our King
- Both Adam and Eve and David knew that they were doing wrong
- And when we go against the will of God we sin.
- Sin is doing anything that is contrary to the will of God.

**³ When I kept silent, my bones wasted away
through my groaning all day long.**

- David was recollecting the terrible state that he was in
- He wrote this Psalm after his transgressions with Bathsheba
- When he saw her bathing, he didn't just walk away, He stopped,
- He pondered; he acted, and committed adultery. He sinned.
- And then he indirectly murdered Uriah and others engaged in battle.
- He knew he was guilty of some terrible sin,
- Not only did he sin, but his stubbornness kept him from confessing it.
- He stayed silent.
- Do we stay silent and suffer as well?
- Do we watch our relationship with others and God go by the wayside?
- Our unconfessed sins can wear us down in body and mind
- They make us feel oppressed, and the vitality that we want to feel
- In our lives withers away, and we in turn waste away with it.
- And we are then no longer living the lives that our creator want us to live

**⁴ For day and night your hand was heavy on me;
my strength was sapped as in the heat of summer.**

- Abe Lincoln – You can fool all the people some of the time, and some of the people all the time, but you cannot fool all the people all the time.
- When it comes to God, we can fool Him none of the time!
- There is nothing that we can hide from Him
- And His Holy Spirit is all over us convicting us of our sins
- And we can feel the pressure of God's hand heavy on us
- If you find that your hand is caught in the cookie jar,
- Isn't it better to just say, I'm guilty?
- Than trying to skulk away, when you know your goose is cooked?
- But sometimes stubbornness, pride, and unreality set in
- And we continue to make wrong decisions,
- And that results in the continuation of our suffering,
- And must likely is the cause of others to suffer as well.
- For when we sin, we mostly affect other people.
- God keeps His hand on us because He loves us
- Because He wants us to become whole again
- He wants to restore us to a loving and truthful relationship with Him
- There is nothing like being humble and confessing
- To become 100 % clean, and to be 100% forgiven.

**⁸ I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.**

**⁹ Do not be like the horse or the mule, which have no understanding
but must be controlled by bit and bridle or they will not come to you.**

- You have heard the expression, I am going to keep my eye on you
- When someone has their eye on you, you know they are watching
- And when you look in their eye, you are able to communicate more
- Sometimes it only takes a look to make you
- Dinner table – my father's look was all I needed as a signal
- To make an immediate change
- I did the same thing with my kids - A word was never needed
- My loving eye was enough to accomplish what was needed
- The eye can change behaviors, it can change the way we think and act
- God promised that for those who diligently seek and focus on Him,

- He will also guide.

Do not be like the horse or the mule, which have no understanding

- Horses and mules are used as examples of animals
- That are not easily guided, most of the time needing **a bit and bridle**
- You've heard the expression, "You're as stubborn as a mule"
- We have a bigger brain and need not act stubborn
- David was acting stubborn when he was living with his unconfessed sin
- He was being guided through his pain
- God allowed the Amalekites to soundly defeat David and his men in battle
- And in **2 Samuel 12**, God sent Nathan
- Who spoke very severely to David about his sin

- When we sin, we are intentionally sinning against God
- It is wrong, and it hurts our relationship with Him
- And when we do sin, and if we are truly sorry and confess it
- As 1 John 1:9 tells us, that God forgives us of our sins.
- For when we confess our sins with a pure and contrite spirit,
- God forgives us. He covers our sins. They are covered.
- They are hidden. They are no longer exposed
- When we forgive, we are freeing them of a debt that they can't pay.
- But at the same time, it also unshackles us from the pain and bitterness
- That we harbor in our own hearts
- Likewise, when we are forgiven by God,
- When we talk about the covering of our sins,
- We are speaking of the sacrificial atonement of our sins made by Jesus
- Who died on the cross so our sins could be forgiven
- For when He arose from the dead, He defeated Satan
- And when we are forgiven by the shed blood of Jesus Christ
- It doesn't count against us
- They are off the books
- Micah 7:19 – He will tread our sins under his feet, and
- Cast all our iniquities into the depths of the sea.
- They are gone, and we in turn have been forgiven.

- We are free from the heavy burden of sin that can ruin our lives
- If this Psalm cannot give us the encouragement that we need
- As we go through difficult times and succumb to our human condition,
- I don't what else could convince you of His love, His mercy,
- I don't what else could convince you of His forgiveness and His grace.
- If you have doubts that your sins are forgiven, stop it.
- Sometimes, we need to just plain stop the mamby-pamby,
- And just stop doing something that you know is wrong.
- If it's wrong don't do it. Make the right choices
- I would like to end this message with the 1st Psalm
- One that we should take with us as we leave today
- One that tells us that if we stay close to God
- And find our delight in the law of the Lord,
- We can walk circumspectly and obediently
- And find the joy that a strong and loving relationship
- With the Lord can bring us

¹ Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, ² but whose delight is in the law of the LORD, and who meditates on his law day and night. ³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers. ⁴ Not so the wicked! They are like chaff that the wind blows away. ⁵ Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. ⁶ For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction.