

Confession: The Path to True Happiness*Psalm 32*

Introduction: When it comes to a relationship with God sin is a barrier. For the person who is not a believer in Jesus, sin is a barrier that keeps him or her from a relationship with God. When we trust Jesus Christ to be our Savior, however, God forgives us for all of our sin and sin is no longer a barrier in the sense that it separates us from a relationship with God. But make no mistake, sin is still a barrier that can keep us from experiencing the joy of our relationship with God. The good news is that there is a way that this barrier can be removed. Today as we continue our study of various prayers in the Bible we are going to look at Psalm 32, which gives us wonderful guidance for how to pray in dealing with the barrier of sin.

Opening Question: When did the truth that sin is a serious thing become real in your life?

Read Psalm 32

1. What initially sticks out to you in reading this psalm?
2. What does this psalm teach about sin?
3. What does this psalm teach about forgiveness?
4. How is God revealed in this psalm?
5. What effect did unconfessed sin have on David?
6. Why do we sometimes struggle to be honest with God about our sin?

Brian said:

Here's a question for you. Do you sin? Hopefully, as you grow as a Christian you sin less and less, but the reality is that we will always struggle with sin. 1 John 1:8 says: *If we say that we have no sin, we are deceiving ourselves and the truth is not in us.* Scripture is clear, we all continue to sin. Since that is true, I have another question for you. Is it your practice to regularly confess your sin? Is confession part of your prayer life with God? David is saying to each one of us that it **MUST** be if you want to keep the barrier of sin from affecting your fellowship with God. It **MUST** be if you want to be truly happy.

7. Is confession part of your prayer life? If so, how do you practice confession?

Brian quoted John Piper's description of confession:

Confession to God is not merely admitting our sin as real but also rejecting our sin as repulsive. There is deceit in the spirit of the person who admits with his mind that he sins but feels no revulsion in his heart at those sins. . . This is deceit because sin is repulsive and horrid in God's eyes and ought to be hated and shunned. So to come to God admitting to sin and feeling no grief or repugnance is to come with deceit, for what you are acknowledging is not really acknowledged as sin.

John Piper, sermon entitled, *How Not to be a Mule*, Aug. 3, 1980
<http://www.soundofgrace.com/piper80/080380e.htm>

8. Do you agree with Piper that confession of sin must include rejecting it as repulsive? Why or why not?

Brian said:

Look through the eyes of God at the sin long enough to feel sorrow – to come to this sense of repulsion that Piper talked about. Think about it in light of the cross of Jesus. The sin you are confessing, was part of the reason that Jesus died a horrible death on a cross. The sin is no small matter. Understand your sin from God's perspective. Too often I think we want to move to claim God's forgiveness before we really have seen the sin from His perspective.

9. What helps you see your sin from God's perspective?
10. In what ways have you experienced the truth - *how blessed is he whose transgression is forgiven* (v. 1)?
11. What is the main thing you are taking away from the study of Psalm 32?