

Theme: God desires for our prayers to be filled with open, honest, deep confession of our sins, knowing that God forgives and restores us through Christ.

I. Intro – Blessedness

- A. We all want to be blessed
- B. Psalms contains more “beatitudes” than any other book
- C. Psalms describes how we experience the blessed life
- D. Psalm 32 gives an unexpected prerequisite to blessing - confession
- E. What is confession? How does it lead to blessedness?

II. UnCommon Blessedness Through Christ

- A. How blessed are those forgiven by God! (vv1-2)
Blessed is he whose transgressions are forgiven, whose sins are covered. ² Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit. Psalms 32:1–2
 - 1. Vv 1-2 give the theme - blessedness
 - 2. Blessedness - of sins forgiven
Blessed is he whose transgressions are forgiven, whose sins are covered. ² Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit. Ps 32:1–2
 - a. Double parallelism vv1-2 – first 3 lines
 - b. Threefold statement to hammer home the point
- B. Blessedness of forgiveness found only through Christ
David says the same thing when he speaks of the blessedness of the man to whom God credits righteousness apart from works: ⁷ “Blessed are they whose transgressions are forgiven, whose sins are

covered. ⁸ Blessed is the man whose sin the Lord will never count against him.” Romans 4:6–8

- 1. This is the doctrine of justification by faith alone
- 2. Justification by faith alone is through Christ alone
This righteousness from God comes through faith in Jesus Christ to all who believe. There is no difference, ²³ for all have sinned and fall short of the glory of God, ²⁴ and are justified freely by his grace through the redemption that came by Christ Jesus. Romans 3:22–24
- 3. It is blessed to know our sins are forgiven in Christ!

III. UnCommon Blessedness Requires Confession

- A. Notice the turn at the end of v2 - no deceit
Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit. Psalm 32:2
 - 1. This is not about man’s perfection/righteousness
 - 2. It is about no deceit regarding sin - he confesses
- B. Overcoming deceit through confession of sin
When I kept silent, my bones wasted away through my groaning all day long. Psalms 32:3
 - 1. Psalmist had been deceived - silent about his sin
 - 2. This silence is not golden - he must confess sin
“Silence is the performance of stubborn pride or a spirit struck dumb for fear of being found out. It is the way of Adam hiding from the Presence [of God] ... Worst of all, the silence is the rejection of grace.” James L. Mays, 147.
 - 3. Confession must be made - not simply assumed

C. The disastrous consequences of no confession
When I kept silent, **my bones wasted away through my groaning all day long.** ⁴ For day and night your hand was heavy upon me; **my strength was sapped as in the heat of summer.** Selah Psalms 32:3–4

1. Graphic physical terms for effect of unconfessed sin
2. Represents emotional and physical effect
3. This is God’s loving discipline of wayward child
When I kept silent, my bones wasted away through my groaning all day long. ⁴ **For day and night your hand was heavy upon me;** my strength was sapped as in the heat of summer. Selah Psalms 32:3–4

D. The paradox - blessedness through confession

1. Mental, emotional, physical blessedness requires confession
2. This goes against our self-esteem, no wrong culture
3. But confession is a sign of real self-understanding
“The beginning of wisdom is to know oneself to be a sinner” – Augustine, quoted in Craigie, 268.

IV. UnCommon Confession In Prayer

A. This is a full confession of sin

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. Selah Psalms 32:5

1. Three statements about confession
2. Three different terms - sin, iniquity, transgressions
3. Contrast of “I kept silent” and “I said ‘I will confess’”

B. Biblical confession - total acknowledgement of sin
Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out **my transgressions.** ² Wash away all **my iniquity** and cleanse me from **my sin.** ³ For I know **my transgressions,** and **my sin** is always before me. Psalms 51:1–3

1. “MY sin/iniquity” etc. - 5 times!
2. No blame shifting or spin - ownership of the sin

V. UnCommon Blessing Through Confession

A. Confession brings forgiveness and cleansing

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.** Selah Psalms 32:5

1. God is a forgiving God - He wipes away our sin!
2. This gives us confidence to go to Him - He forgives!

B. Confession brings refuge & deliverance in God

Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. ⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah Psalms 32:6–7

1. When we run to God we find refuge in trouble
2. God is our hiding place - but only if we confess!
3. God is then able to bring deliverance

C. Confession restores relationship and guidance

I will instruct you and teach you in the way you should go; I will counsel you and watch over 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. Psalms 32:8–9

1. Confession restores the relationship with God
2. God is now able to speak openly to us - guidance
3. Don't be a stubborn mule - confess & come to God
4. This is what God is after - relationship!!

D. Confession brings praise

Many are the woes of the wicked, but the LORD's unfailing love surrounds the man who trusts in him. ¹¹ Rejoice in the Lord and be glad, you righteous; sing, all you who are upright in heart! Psalms 32:10–11

1. Sin brings woes to life
2. When we sin - trust in God's unfailing love (hesed)
3. This trust and confession brings rejoicing & worship

VI. Applying the Word

A. What do I do with my sin?

1. Here is the bad news - every one of us sin
2. I sinned before I came to Christ, I sin still
3. What do I do with my sin?
4. Our culture tells us to define it down - not really sin
5. Our culture tells us to blame shift - not my fault
6. Our culture says ignore it - it will go away

7. God says - own your sin, and bring it to Him
8. God says openly confess - and He forgives
9. Christ has died for our sin - give it to Him
10. Confess - and receive His forgiveness

B. Communion - The Meal of Confession

1. This Table point to the only solution for sin
2. His Body was broken to pay for my sin
3. His blood was shed to cleanse me of sin
4. Come to the Table - confess and receive!

UnCommon Confession In Prayer

Psalm 32
April 7, 2013
Communion
Jude 1:2

Mercy, peace and love be yours in abundance. Jude 1:2
As you have received mercy, peace, and love abundantly through Christ, so give them to others this week.