

# SONGS FOR SUMMER

THE BOOK OF PSALMS



## Psalm 32 (ESV)

- <sup>1</sup>Blessed is the one whose transgression is forgiven,  
whose sin is covered.
- <sup>2</sup>Blessed is the man against whom the LORD counts no iniquity,  
and in whose spirit there is no deceit.
- <sup>3</sup>For when I kept silent, my bones wasted away  
through my groaning all day long.
- <sup>4</sup>For day and night your hand was heavy upon me;  
my strength was dried up as by the heat of summer. *Selah*
- <sup>5</sup>I acknowledged my sin to you,  
and I did not cover my iniquity;  
I said, "I will confess my transgressions to the LORD,"  
and you forgave the iniquity of my sin. *Selah*
- <sup>6</sup>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.
- <sup>7</sup>You are a hiding place for me;  
you preserve me from trouble;  
you surround me with shouts of deliverance. *Selah*
- <sup>8</sup>I will instruct you and teach you in the way you should go;  
I will counsel you with my eye upon you.
- <sup>9</sup>Be not like a horse or a mule, without understanding,  
which must be curbed with bit and bridle,  
or it will not stay near you.
- <sup>10</sup>Many are the sorrows of the wicked,  
but steadfast love surrounds the one who trusts in the LORD.
- <sup>11</sup>Be glad in the LORD, and rejoice, O righteous,  
and shout for joy, all you upright in heart!

*September 3, 2017*

## TALK SHEET

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1. According to verse two a person is blessed when their iniquity is not counted against them. Why would a person's sin not be counted against them?
2. What is the difference for the psalmist when he confesses his sin compared to when he keeps silent?
3. If there is blessing in confession and forgiveness, why is it so hard?
4. Do you have a regular practice of confession? If so, what has your experience been? If not, why not?
5. Psalm 32 ends with an exhortation to rejoice in the Lord. How are confession and praise linked? When you confess your sin, do you feel joy or sadness?
6. Who do you know that could be described by verses three and four? Could they benefit from confession and forgiveness? How might you use Psalm 32 and your own experience to tell them about this good news?
7. Take some time to confess your sin to the Lord. Then, follow that up with some time of praise.