

# Psalm 32: Admitting one's sin



Psalm 32 (31) (Mode 3. 3....12 / 4.....271)

The psalmist was profoundly depressed until he acknowledged his sin and pleaded with God for forgiveness. The experience of forgiveness brought profound joy and a sense of deep gratitude. He is advising others to follow his example.

Open to receive God's blessing are they  
whose sins are forgiven,  
to whom the Lord imputes no guilt,  
whose spirit is no longer darkened by sin.

Quoted by Paul in Romans 4:7-8

‘If you forgive the sins of any, they are forgiven them;  
if you retain the sins of any, they are retained.’

(John 20:23)

While I remained silent, I wasted away,  
and I moaned all day long.

Day and night your hand was heavy upon me;  
my strength dried up as in a summer drought.

Then I acknowledged my sin.

I stopped hiding my guilt.

I said, 'I confess my transgressions to the Lord.'

And you forgave my sin and removed my guilt.

No wonder the faithful pray to you in danger.

Even the rush of a mighty flood will not touch them.

## Jonah 2:3-8

‘You cast me into the deep, into the heart of the seas, and the flood surrounded me; all your waves and your billows passed over me. Then I said, ‘I am driven away from your sight; how shall I look again upon your holy temple?’ The waters closed in over me; the deep surrounded me yet you brought up my life from the Pit, Lord my God. As my life was ebbing away, I remembered the Lord; and my prayer came to you, into your holy temple. Those who worship vain idols forsake their true loyalty.’

You are my hiding place; you free me from danger.  
When I cry for help you encircle me.

‘The Lord is good, a stronghold in a day of trouble; he protects those who take refuge in him, even in a rushing flood. He will make a full end of his adversaries, and will pursue his enemies into darkness’(Nahum 1:7-8).

‘I will instruct you  
and show you the road you must follow.  
I will watch over you  
and give you counsel.

‘I have taught you the way of wisdom;  
I have led you in the paths of uprightness.  
When you walk, your step will not be hampered;  
and if you run you will not stumble.  
Keep hold of instruction; do not let go;  
guard her, for she is your life’(Proverbs 4:11-13).

Do not be a horse or mule,  
without understanding,  
needing bridle and bit  
before anyone can approach you.'

Many are the torments of the wicked,  
but kindness surrounds those who trust in the Lord.  
Be glad in the Lord and rejoice, O you just.  
Shout for joy, all you upright of heart.