

I. Introduction.

- A. A Wisdom Psalm: How to be truly blessed/happy.
- B. A Psalm of Confession.
- C. A Gospel Psalm.
- D. A Psalm of Thanksgiving:

II. Sin makes your life miserable. v. 1-4

- A. Come to grips with the true nature of your sin. v. 1-2a Ps. 51:3-5
 - 1. Your *transgression* is a treasonous revolt against God's authority. v. 1a 19:13
 - 2. Your *sin* falls short of God's standards. You have missed the mark. v. 1b
 - 3. Your *iniquity* is perverse, for which you deserve to be punished. v. 2a Num. 32:23 I Kings 17:18 Ex. 20:5 Isa. 53:5,6,11 30:13
- B. Deceit is at the heart of your sin. v. 2b-3a
 - 1. How can a godly man fall into such sin? I Co. 10:12 Js. 1:14-15
 - 2. You deceive others: living a double life, covering up your sin.
 - 3. You are not even honest with yourself.
 - 4. You stubbornly hide from God. v. 5b,9 Gen. 3:7f
- C. Your sin is physically and spiritually devastating. v. 3-4,10 II Sam. 12:1f Ps. 38:1ff
 - 1. You will experience mental and spiritual anguish. 22:1,15 Job 23:2
 - 2. You may experience physical misery. Ps. 107:17 42:10 Js. 5:14-16
 - a. David experienced a loss of bodily strength and vitality.
 - b. There is an important relationship between body and soul.
 - c. Sometimes God brings immediate physical consequences to sin. I Co. 11:30
 - d. Sin also has indirect physical affects.
 - 3. God brings this trouble upon you for your good: discipline. 94:12 139:23-24 38:3-5 107:23 Heb. 12:5f
 - 4. Sin is never worth it.

III. If you will acknowledge your guilt, God will pardon and bless you. v. 5-8,1

- A. Turn from your sin. v. 5a
 - 1. Openly confess your sin to God. 51:3f Pr. 14:12 I Jo. 1:9 II Sa. 12:12 Is. 59:12
 - a. End your guile and humble yourself before the Lord. Pr. 28:13
 - b. Approach God directly. v. 5a Ps. 51:4
 - c. Specifically admit how you have sinned against Him.
 - d. Plead for His mercy. Ps. 51
 - 2. Repentance is more than merely saying you are sorry. Pr. 28:13 II Co. 7:10-11
 - a. You cannot be forgiven by going through the outward motions of confession.
 - b. Agree with God about how vile your sin is and desire to be changed. 139:23-24 Ezek. 36:31
 - 3. Do believers need to confess their sins? I Jo. 1:8-10 Matt. 6:12

- B. God graciously forgives. v. 5d 1-2 Ps. 103:10-12 Jer. 31:34**
1. Your transgression is *forgiven*: Removed, carried away. v. 1a 25:18 Ex. 34:7 Le. 10:17 16:21-22 Is. 53:4,12 Micah 7:18 Ps. 103:12-13
 - a. Your mere act of confession is not the meritorious cause of His grace.
 - b. Jesus Christ bore the burden of our sin. I Jo. 1:8-2:2 Heb. 9:2 Mt. 11:28
 2. Your sin is *covered*. v. 1b Isa. 53:5,8 51:9 Ezek. 18:22,30-31 Gen. 9:23 Rev. 3:18 Jer. 31:34 You are covered in the righteousness of Christ.
 3. Your iniquity is *not counted (imputed) against* you. v.2a Num.12:11 Rom. 4:6-8
 - a. How can a righteous God overlook sin?
 - b. Your guilt has been imputed to Christ who died in your place. Rom. 5:6ff
 4. Salvation has always been by grace through faith. Rom. 4:5-8 Gen. 15:6
 5. Forgiveness Comes Immediately After Confession. v. 5d
- C. God bestows further blessings upon His forgiven people. v. 6-8**
1. He will protect you from trouble. v. 6b-7 119:114 105:15 91:1
 2. He will guide you. v. 8
- D. Apply these principles in relation to one another.**
1. When you wrong someone else go to him humbly, quickly, and sincerely to seek his forgiveness. Matthew 5:23-24
 2. Forgive others as you have been forgiven by God. Eph. 4:32 Matthew 18:21-34 Don't merely forgive them, but bless them!

IV. Concluding applications: Heed David's advice. v. 9-11

- A. Don't be a stubborn mule. v. 9-10a Pr. 26:3 Jer. 2:24 Isa. 1:3 37:29 Acts 26:14**
- B. Trust in the Lord before it is too late. v. 10b, 6a Isa. 55:6-7 Pr. 3:5-6 Jer. 17:7**
- C. Then shout for joy in the LORD. v. 11**

Discussion questions for family worship

1. What does the language of verse one tell you about the nature of sin?
2. What are some of the consequences of sin?
3. How does sin contribute to certain physical and so called mental illnesses?
4. What must you do to be pardoned?
5. What does the language of verse one tell you about the nature of God's forgiveness?
6. On what meritorious ground does God pardon sinners?
7. What further benefits does God bestow upon pardoned sinners?
8. Summarize David's advice to sinners?