### Psalms

## Chapter 32

A prayer by David, [asking God] for understanding.  
  
  
  
  
1Blest are those forgiven for breaking the Law  
 And those whose sins He’s covered.  
 2Blest are those in whom He doesn’t find sin,  
 Or treacherous words in their mouths.  
  
3I’ve become more settled as my bones have aged…  
 I no longer cry out all day long.  
 4For, day and night, Your hand pressed against me,  
 And in misery, I writhed, as though run through by thorns.  
  
5My lawless deeds, I’ve admitted to You,  
 And my sins, I’ve not tried to hide.  
 I’ve openly confessed to the Lord  
 About all of my lawless ways,  
 And You forgave the godless thoughts in my heart.  
  
6For this, the holy should pray at right times,  
 So the flood will never approach them:  
  
 7‘You’re my refuge from the troubles I face,  
 And You’ve ransomed my soul  
 From those who had me surrounded.’  
  
8[And in response, God will reply]:  
  
 ‘I’ll send understanding to you…  
 I’ll teach you the ways you should go,  
 And I’ll always watch over you.  
 9So don’t act like horses or mules  
 That have to be bridled and don’t understand,  
 And whose jaws must be squeezed to behave.’  
  
10Sinners will be whipped many times,  
 But, mercy surrounds those who trust in the Lord.  
 11So, you should find joy in Jehovah;  
 Shout about Him in joy, all you righteous…  
 Wholeheartedly boast about Him!