

# Psalm 32

## Psalm 32:1-5 – Confession and Forgiveness

A Maskil<sup>1</sup> of David.

**A** <sup>1</sup> Blessed is the one whose transgression is forgiven<sup>2</sup>,  
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  
**B** through my groaning<sup>3</sup> all day long.

<sup>4</sup> For day and night your hand was heavy upon me;  
my strength was dried up<sup>4</sup> as by the heat of summer. Selah

<sup>5</sup> I acknowledged my sin to you,  
**A'** 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

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1. musical term, maybe signaling an instructive/wisdom Psalm but most folks don't really know
  2. literally 'lifted up' - compare with the heavy hand in v4
  3. lit. 'roaring'
  4. lit. 'overturned'

## Psalm 32:6-11 – Trust and Joy

- <sup>6</sup> Therefore let everyone who is godly  
offer prayer to you at a time when you may be found;  
**A** surely in the rush of great waters<sup>1</sup>,  
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.
- B** <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,  
**A'** but steadfast love surrounds the one who trusts in the LORD.
- <sup>11</sup> Be glad in the LORD, and rejoice, O you righteous,  
and shout for joy, all you upright in heart!

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1. often a symbol of chaos and destruction

## Discussion Questions

1. How does this Psalm relate to Psalm 1?
2. What does it mean to be blessed here and how do we use that today?
3. What does the repeated use of the word "covering" signify here? Why is it important?
4. Compare the silent vs shouting theme. What is leading David to go from silence in v3 to shouting in v11?
5. What does v9 mean when it says that "it will not stay near you"?
6. What is the close tie between "spiritual" and "physical" deliverance here? Do we view the line between these two similarly to David here?
7. Do you have a culture of confession in your life, your home, your GC? If not, how does this Psalm encourage or convict you to grow in this area?