

# Ps. 32 - Pain in the Spiritual Realm

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## Intro

### Causes of Spiritual pain

1. Living in sin and unconfessed sin
2. Past committed sins that are unconfessed

How do we find relief from spiritual pain?

### Context

Maskil - a song that is contemplated.

This song has nothing to do with salvation.

Believers in the NT do not experience God's wrath or punishment, but his discipline - which is done to change our behavior.

## Confession of Sin Brings

- Forgiveness
- Relief
- Joy

**Ps 32:1-2** David was in a crisis mode at this particular time in his life. He has refused to confess it. This sin brought physical pain, guilty feelings, and torment.

We have no idea what this sin is (possibly the sin with Bethsheba).

2 reasons for the blessings

1. Removal of sin. The sin is lifted away. Who's sin is covered. Hidden, concealed (atoned?)
2. The removal of iniquity (de-imputation).

Confession must be: \* genuine - not going through motions. \* Honest

“confess” to agree with.

## Nonconfession of Sin Brings

- Chastaining or discipline
- Physical pain (sometimes)
- Guilt (different depths therein)

**Ps 32:3-4** The silent confession is not

God does allow unconfessed sin to go for a short time; but not a long time.

“**Selah**” Songs of the Jews were sung; this word indicated a pause, and a reflection on the words just sung.

“Guilt is to the conscience as pain is to the body” - Warren Wiersbe

Is your conscience bothering you all the time? Is that record player going on over and over?

*How does this relate to Matthew 18 regarding to unforgiveness?*

God gave David time to confess his sins. When you wait to long to confess your sins then eventually God will allow your heart to grow cold and then you no longer are convicted. It is at this point God brings discipline.

*Not sure about this.*

The 5 problems in David’s life due to Absalom was due to David’s unconfessed sin.

*But David’s sin was confessed before all of these things. Does God’s discipline still occur after confession has occurred?*