

The Essentials: The Psalms

Session 4: Psalm 32

Opening Collect

Together: Blessed Lord, who caused all holy Scriptures to be written for our learning: Grant us so to hear them, read, mark, learn, and inwardly digest them, that we may embrace and ever hold fast the blessed hope of everlasting life, which you have given us in our Savior Jesus Christ; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

Watch: Video 4

Read: Psalm 32 (out loud)

Discussion:

1. Describe the steps that David experiences as he moves toward confession and absolution.
2. Explore v. 3. Why does keeping silence cause David to waste away with groaning?
3. In vv. 6 and 7, David experiences forgiveness. What else does he experience?
4. David turns his attention to the reader in vv. 8 and 9, telling us not to learn the hard way. What is David trying to teach us in v. 9?
5. In v. 10 David uses the phrase steadfast love (*hesed* in Hebrew). This word is used 129 times in the Psalms and is a key-word for the entire Old Testament. It suggests an ongoing, loyal, never-ending form of covenantal love that God has for his people. It is a precondition for repentance. How does it change the way we repent?
6. The Psalm begins and ends on the topic of joy. Are you willing to share a time when confession led to an experience of joy or happiness?
7. What does this Psalm tell us about Jesus, and what does Jesus tell us about this Psalm?

Check in and closing prayers

Psalm 32

A Maskil of David.

- [1] Blessed is the one whose transgression is forgiven,
whose sin is covered.
- [2] Blessed is the man against whom the LORD counts no iniquity,
and in whose spirit there is no deceit.
- [3] For when I kept silent, my bones wasted away
through my groaning all day long.
- [4] For day and night your hand was heavy upon me;
my strength was dried up as by the heat of summer. Selah
- [5] I acknowledged my sin to you,
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
- [6] Therefore let everyone who is godly
offer prayer to you at a time when you may be found;
surely in the rush of great waters,
they shall not reach him.
- [7] You are a hiding place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. Selah
- [8] I will instruct you and teach you in the way you should go;
I will counsel you with my eye upon you.
- [9] 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.
- [10] Many are the sorrows of the wicked,
but steadfast love surrounds the one who trusts in the LORD.
- [11] Be glad in the LORD, and rejoice, O righteous,
and shout for joy, all you upright in heart! (ESV)