

GETTING REAL WITH THE PSALMS

PART 2 OF 3: HANDLING GUILT

Psalm 32:5 ♦ Pastor Dean Lancaster ♦ November 12, 2023

Psalm 32:5 *Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me! All my guilt is gone.*

Followers of Jesus will sin, and the corresponding guilt results in the need to run away and hide. Guilt is used by our Father to bring us to Him, but guilt is used by the devil to keep us far away from God.

This Psalm outlines how King David learned to handle his guilt, and it is our pathway back to God's favor as well.

Acknowledge my guilt.

Psalm 32:5a *Finally, I confessed all my sins to you and stopped trying to hide my guilt.*

The "natural" response to guilt is to ignore it.

Guilt when unacknowledged leads to damage is our bodies, minds and hearts.

Psalm 32:3-4

We choose not to rationalize our sin, but confess that we fell short of what God asked of us.

We agree we don't feel guilty because God is unfair.

Abandon my cover-up.

Psalm 32:5b *I said to myself, "I will confess my rebellion to the LORD."*

David made a choice to stop running and go directly to the Father.

For the follower of Jesus, the safest place to go when we have sinned, is to the Father. **Proverbs 28:13**

The mercy of God leads us to the joy of innocence. **Psalm 32:2**

Agree that God has forgiven me.

Psalm 32 5c *And you forgave me! All my guilt is gone.*

For many, the guilt of sin remains after forgiveness is given.

Before the sin is confessed it feels like a great burden, but when we confess it to God He lifts it from our shoulders.

Have certainty on the reliability of God's mercy. **Psalm 32:1**

To relieve residual guilt that lingers after we have been forgiven, we need a truth encounter. **1 John 1:9**

We believe the truth of God's Word until our hearts are aligned with our minds.

Take this with you...

Followers of Jesus will be attacked by the memory of past sins. **Psalm 25:7**

Feelings trick us to believe that these sins are not forgiven. **Psalm 25:2-3**

The truth assures us that our Father has wiped these sins from our record.

Psalm 32:1-2

Those who have staked their all on God will not be abandoned by him in the end.