

## Facing sin

### Introduction

As we might expect, the Bible has a great deal to say about sin. For many people of course, this is the problem that they have with the Bible. "It is so negative" they say "and we need to be built up and encouraged, not broken down and told how bad we all are!"

Such a view shows a serious misunderstanding of the Bible's message however and in fact also shows a serious misunderstanding of the human *psyche*. The truth is that we do sin and our consciences often remind us of this fact. We know that we have said and done things that are wrong and we feel ashamed and guilty. We may put on a brave face when we are with others, but our private guilt and shame leaves us lost, withdrawn and angry. We blame others, when we are in fact to blame and then we feel even worse because we know that we have been unfair. As we hide our sin, we hide from and hurt others, often those we love and need the most. And of course we hide from God, telling ourselves that we are not worthy to come into his presence. That was what happened in the Garden of Eden in the light of the first sin and it has been happening everyday, all over the world, to each and every person. It happened in David's life even though he was God's chosen King and in Psalm 32 he tells his story. It is a painful one, but an important one for it reminds us that the best way to deal with sin is to be honest about it, before God and before others. What Psalm 32 teaches us is that though the Bible is honest about sin, it is also honest about God. It tells us that while unforgiven sin will destroy us, the God of the Bible forgives sin and restores joy and peace to those who are honest with Him.

### Read Psalm 32:1-11

### Investigate

1. What characterises the *blessed* person according to this Psalm?

2. What image does David use to describe a guilty conscience?
3. What did David finally do about his sin?
4. What was the result?
5. What confidence does David have now that he has confessed his sin honestly to God?
6. What instruction and counsel does David give us about our own sins?
7. What will the result of honest confession to God be for our relationship with Him?

## **Think**



### **Read Romans 3:21-4:8**

1. According to Paul, how does Jesus' death and resurrection fulfil Psalm 32?
2. How would you explain the gospel to someone from Psalm 32?



## **Apply**

1. What key things have you learnt from this psalm?
2. In what ways has this psalm encouraged or challenged you?