

WHEN YOU DON'T FEEL FORGIVEN

PSALMS 32 & 51

Psalm 32

¹Blessed is the one
whose transgressions are forgiven,
whose sins are covered.
²Blessed is the one
whose sin the LORD does not count
against them
and in whose spirit is no deceit.
³When I kept silent,
my bones wasted away
through my groaning all day long.
⁴For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.
⁵Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, "I will confess
my transgressions to the LORD."
And you forgave
the guilt of my sin.

Psalm 51

¹Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
²Wash away all my iniquity
and cleanse me from my sin.
³For I know my transgressions,
and my sin is always before me.
⁴Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
⁵Surely I was sinful at birth,
sinful from the time my mother
conceived me.
⁶Yet you desired faithfulness
even in the womb;
you taught me wisdom
in that secret place.
⁷Cleanse me with hyssop,
and I will be clean;
wash me, and I will be
whiter than snow.
⁸Let me hear joy and gladness;
let the bones you have crushed rejoice.
⁹Hide your face from my sins
and blot out all my iniquity.
¹⁰Create in me a pure heart, O God,
and renew a steadfast spirit
within me.
¹¹Do not cast me from your presence
or take your Holy Spirit from me.
¹²Restore to me the joy of your salvation
and grant me a willing spirit,
to sustain me.
¹³Then I will teach transgressors your ways,
so that sinners will turn back to you.
¹⁴Deliver me from the guilt of bloodshed,
O God,
you who are God my Savior,
and my tongue will sing of
your righteousness.
¹⁵Open my lips, Lord,
and my mouth will declare your praise.
¹⁶You do not delight in sacrifice,
or I would bring it;
you do not take pleasure in
burnt offerings.
¹⁷My sacrifice, O God, is a broken spirit;
a broken and contrite heart
you, God, will not despise.

TRANSFORMED BY THE TRUTH

QUESTIONS FOR REFLECTION & DISCUSSION

1. Has there ever been a time when you felt that all your sins were forgiven? If so, when was it, and how did you obtain God's forgiveness?
2. Read Psalm 32:1-5 and 1 John 1:8-10. According to these two passages, what is required of us to obtain God's forgiveness?
3. Read Psalm 51:1-12. Is there any sin you have committed that you still don't feel forgiven of? What have you done to try to erase your guilt? Why do you think it hasn't worked?
4. Read Psalm 51:17. Do you feel "broken" and "contrite" about the most serious sin you have committed? What specific passages of Scripture about forgiveness are truer than your feelings or your accuser's taunts?
5. Read Psalm 32:1-5 and Psalm 51:1-17 again. How should a forgiven person feel? What should a forgiven person do?