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**Franklin Avenue Baptist Church**  
**Bible Study 11am**  
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**Bible Study Lesson on Psalm 32**

**There's Joy in Forgiveness and There's a Blessing in Confession**

*Psalm 32* focuses on the blessings of being forgiven and the importance of confessing sin. It reflects David's personal experience of guilt, confession, and God's mercy. This psalm teaches that true happiness comes from God's forgiveness and living in obedience to Him. Living for God should never be a burden but instead it should be a joyful experience.

***Psalm 32 Lesson***

**1. The Blessing of Forgiveness (*Psalm 32:1-2*)**

- **David begins by describing the joy of a person whose sins are forgiven.**
- He uses three words for sin: transgression (rebellion), sin (missing the mark), and iniquity (crookedness).
- He also uses three words for forgiveness: forgiven (lifting a burden), covered (hidden by God's grace), and not counted (not held against us).

**Question: Why do you think David emphasizes the joy of forgiveness at the beginning of the psalm?**

**2. The Burden of Unconfessed Sin (*Psalm 32:3-4*)**

- **David recalls a time when he kept silent about his sin.**
- He describes physical and emotional suffering as God's hand was heavy upon him.
- This shows the toll of unconfessed sin on our lives.

**Question: Have you ever experienced a time when unconfessed sin weighed on you? How did you find relief?**

**3. The Power of Confession (*Psalm 32:5*)**

- **David acknowledges his sin openly before God.**
- Instead of hiding his sin, he confesses, and God immediately forgives.
- Confession brings freedom, and God is always ready to forgive.

**Question: Why do we sometimes hesitate to confess our sins?**



#### **4. God's Protection and Guidance (*Psalm 32:6-8*)**

- **David encourages others to seek the Lord while He may be found.**
- He describes God as a hiding place who protects and delivers from trouble.
- God promises to instruct and guide His people.

**Question: How can we seek God's guidance in our daily lives?**

#### **5. The Contrast Between the Wicked and the Righteous (*Psalm 32:9-11*)**

- **David warns against being stubborn like a mule that needs force to obey.**
- The wicked experience sorrow, but those who trust in the Lord are surrounded by His love.
- The psalm ends with a call to rejoice in the Lord.

**Question: What does it mean to trust in the Lord rather than resist His guidance?**

#### **Key Take Aways**

1. Confession Brings Freedom – Hiding sin leads to suffering, but confessing brings peace.
2. God's Forgiveness is Immediate and Complete – When we confess, God removes our guilt completely.
3. Trust in God's Protection and Guidance – He is our hiding place and gives wisdom to those who seek Him.
4. Live with Joy and Gratitude – The forgiven should live in joy, not guilt, and celebrate God's mercy.

#### **New Testament Scripture parallel *2 Corinthians 5:16-21***

1. See Others Through Christ's Eyes – We should not judge people by their past or external appearances but by their potential in Christ.
2. Personal Transformation – When we truly know Christ, our understanding of Him and the world changes.
3. Gospel-Centered Relationships – Instead of worldly divisions, we should focus on sharing God's love and reconciliation with all people.