

Psalm 32:1-4

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*

Confession: What is it?

Expression of:

1. grief toward sin,
2. repentance

2 Corinthians 7:9-10 For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

*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*

2 unhealthy alternatives to confession:

1. Guilt over the consequences
2. Shame

What it does:

In the Individual

Testifies to your new heart

*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.*

Fosters holiness

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Romans 6:1-2 What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it?

In the Church

Protects from self-righteousness

Luke 11:4 and forgive us our sins, for we ourselves forgive everyone who is indebted to us.

Affirms God's forgiveness

James 5:16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working

Professes the Gospel

Benediction

Psalm 32:10-11

*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!*