

Everyday Prayers for Everyday Life

PSALM 32

Of David. A Maskil

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| <p>1 Blessed is he whose transgressions are forgiven, whose sins are covered.</p> <p>2 Blessed is the man whose sin the LORD does not count against him and in whose spirit is no deceit.</p> <p>3 When I kept silent, my bones wasted away through my groaning all day long.</p> <p>4 For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah</p> <p>5 Then 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. Selah</p> <p>6 Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him.</p> | <p>7 You are my hiding place; you will protect me from trouble and surround me with songs of deliverance. Selah</p> <p>8 I will instruct you and teach you in the way you should go; I will counsel you and watch over you.</p> <p>9 Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you.</p> <p>10 Many are the woes of the wicked, but the LORD's unfailing love surrounds the man who trusts in him.</p> <p>11 Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!</p> |
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1. Read Psalm 32:1-2. The word “blessed” here means happy or joyful. What things does the psalmist say bring us joy? Have you ever experienced that kind of happiness? Explain.
2. Read verses 3-4. Describe how the psalmist is feeling. Why is he feeling this way?
3. What does the psalmist do next? (vs. 5) How does this change his relationship with God? (vss. 6-7)
4. What thoughts or actions of yours do you sometimes want to ignore or keep silent about? (For help on what God considers a sin see Luke 10:25-28.)
5. Read verses 7-11. What promises does God make to the psalmist after he confesses his sin?
6. Verses 8-9 speak of God’s promise of guidance. Under what conditions is the Lord’s guidance available to us?
7. Who does the psalmist tell to rejoice and be glad? (vs. 11) Since we all think and do wrong things (Romans 3:10-12), how is it that any of us can be called this? (Romans 3:21-23) Explain in your own words what this means to you.

PSALM 130

A Song of Ascents

1 Out of the depths I cry to you, O LORD;

2 O Lord, hear my voice.
Let your ears be attentive
to my cry for mercy.

3 If you, O LORD, kept a record of sins,
O Lord, who could stand?

4 But with you there is forgiveness;
therefore you are feared.

5 I wait for the LORD, my soul waits,
and in his word I put my hope.

6 My soul waits for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.

7 O Israel, put your hope in the LORD,
for with the LORD is unfailing love
and with him is full redemption.

8 He himself will redeem Israel
from all their sins.

8. Read Psalm 130:1-2. Where is the psalmist? What does he do? What does he need from God? Have you ever cried out to God like this?
9. Read verses 3-4. Why does the psalmist need mercy? How do you know that verse 4 is true? (Look at Romans 3:25 and 1 John 1:8-9). What do we have to do to receive forgiveness?
10. Read verses 5-6. What image does the psalmist use to describe waiting and hoping? What does he communicate with this image?
11. What do you think the psalmist wants more: freedom from guilt or a restored relationship with God? How does guilt affect your relationship with God?
12. Read verses 7-8. What (who) is the psalmist's hope? What reasons does the psalmist give for putting his hope where he does?
13. What prophecy does the psalmist make in verse 8? How was that prophecy fulfilled? (John 3:16)
14. Read through these two psalms again. Write down some things you want to remember the next time you realize you have done something wrong. What do you need to do? What do you have to remember? Who do you need to trust?