

Spiritual Exercises:

Confessing

February 10 & 11, 2007

Matt Hannan

Psalm 32

Of David. A maskil.

- 1 Blessed is he
whose transgressions are forgiven,
whose sins are covered.
- 2 Blessed is the man
whose sin the LORD does not count against him
and in whose spirit is no deceit.
- 3 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 sapped
as in the heat of summer.

Selah
- 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
- 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.
- 7 You are my hiding place;
You will protect me from trouble
and surround me with songs of deliverance.

Selah
- 8 I will instruct you and teach you in the way you should go;
I will counsel you and watch over you.
- 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.
- 10 Many are the woes of the wicked,
but the LORD's unfailing love
surrounds the man who trusts in Him.
- 11 Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!