



# STORM SHELTER

## A STUDY IN PSALMS

### THE SHELTER OF GOD'S FORGIVENESS

**BIG IDEA:** God's forgiveness brings restoration and joy.

**DATE:** September 7, 2025

**SCRIPTURE:** Psalm 32:1-7

### OPENING QUESTION

**It is very hard to admit when you were wrong. When was the last time you were wrong? What changed after you admitted you were wrong?**

### THE SETTING

Despite being identified by God as "a man after my own heart" (Acts 13:22), David sinned when he used his position of power and authority to summon Bathsheba and engage in illicit activity. He sinned again by attempting to cover it up. God didn't fall for any of the cover up and sent Nathan to spotlight David's guilt. In Psalm 51, David poured out his heart in repentance over his sin and sought God's forgiveness. In Psalm 32 David rejoiced over the forgiveness he received.

### SCRIPTURE READING

#### PSALM 32:1-7 (NIV)

Blessed is the one whose transgressions are forgiven, whose sins are covered. <sup>2</sup> Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit. <sup>3</sup> When I kept silent, my bones wasted away through my groaning all day long. <sup>4</sup> For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. <sup>5</sup> 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. <sup>6</sup> Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them. <sup>7</sup> You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

### DISCUSSION

#### READ PSALM 32:1-7

- What's your initial reaction to these verses?

#### PSALM 32:1-2

- What emotions do you experience when you receive forgiveness?
- What emotions do you experience when you extend forgiveness?

### PSALM 32:3-5

- What's at stake when we hold on to unconfessed sin?
- Why does unconfessed sin eat away at a believer?

#### Confessing Sin to God:

1. **Review the day.** *Set aside a time each day to allow God's Spirit to survey your heart and show you any sins you've committed.*
2. **Find the motive behind the sin.** *Oftentimes, there are deep-seated issues that cause us to commit particular sins. Allow God to show you the motive behind the action.*
3. **Get God's view about the issue.** *Ask, "What has God said about this in the Bible?" True confession is agreeing with God about our actions and attitudes.*
4. **Be specific.** *Don't generalize; instead, confess the individual and specific sins that the Spirit brings to mind.*
5. **Commit to repentance.** *Completely turn from the sin with no desire to commit it again. Ask God for strength the next time you face temptation.*

### PSALM 32:6-7

- How have you experienced God's forgiveness as a protection or a hiding place?
- How can we celebrate our forgiveness in Christ? If forgiveness brings restoration and joy, we need to celebrate!

It's the way of God to celebrate when what has been lost is found (see Luke 15). And WE are what has been lost. How good is it to rest in the knowledge that Jesus brings us complete restoration and joy!

## SUMMARIZE & CHALLENGE

We all want the gift of joy in this life. We usually grasp for joy in the same ways we find happiness - but that won't work. Instead, choose surrender as your path to joy. Surrender your will, let go of your sin, and relish the restoration that only God can bring.

**Live it Out:** Consider the following suggestions for seeking joy through the blessing of God's forgiveness.

- ✓ **Confess.** Confess any sins that plague you. Turn from them, accept God's forgiveness, and make a plan with God about how to refuse their power in your life from this point forward.
- ✓ **Pray.** Pray for others who have not yet experienced the joy of God's forgiveness in salvation.
- ✓ **Forgive.** Offer forgiveness to someone who has wronged you. (This isn't easy and can only be done through God's help.) Think beyond a person to God – are you holding a grudge against Him. Do you need to "forgive" God for something you are upset about – unanswered prayer, loss, etc.? In truth we need to ask forgiveness from God for any lack of trust in His will.