

Are You Committed to Change?

Series: Summer Through the Psalms #7

Psalm 32,38,51

Three of David's repentant Psalms teach us about the beauty of and the need for repentance.

I. Psalm 38 is an X-ray of a guilty conscience.

Psalm 38:1-11.

A psalm of David. A petition.

'1 Lord do not rebuke me in your anger or discipline me in your wrath. 2Your arrows have pierced me, and your hand has come down on me.

3Because of your wrath there is no health in my body; there is no soundness in my bones because of my sin. 4My guilt has overwhelmed me like a burden too heavy to bear.

5My wounds fester and are loathsome because of my sinful folly. 6I am bowed down and brought very low; all day long I go about mourning.

7My back is filled with searing pain; there is no health in my body. 8I am feeble and utterly crushed; I groan in anguish of heart. 9All my longings lie open before you, Lord; my sighing is not hidden from you.

10My heart pounds, my strength fails me; even the light has gone from my eyes. 11My friends and companions avoid me because of my wounds; my neighbors stay far away.' (NIV)

In this penitent psalm of David, we find:

A. HOW UNCONFESSED SIN EFFECTS YOU.

- 1. Unconfessed sin DISPLEASES GOD.**
- 2. Unconfessed sin DRAINS your Strength and Joy.**

First, he's exhausted.

Second, David connects his unconfessed sin to his physical sickness.

I'm **not** saying all sickness is due to sin. **It's not.** But some sickness is due to sin.

3. Unconfessed sin DISTANCES FAMILY and FRIENDS.

PSALM 51.

1Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. 2Wash away all my iniquity and cleanse me from my sin.

3For I know my transgressions, and my sin is always before me. 4Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. 5Surely I was sinful at birth, sinful from the time my mother conceived me.

6Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place. 7Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.

8Let me hear joy and gladness; let the bones you have crushed rejoice. 9Hide your face from my sins and blot out all my iniquity. 10Create in me a pure heart, O God, and renew a steadfast spirit within me. 11Do not cast me from your presence or take your Holy Spirit from me.

***12Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. 13Then I will teach transgressors your ways, so that sinners will turn back to you.'* (NIV)**

Psalm 38 is an X-ray of a Guilty Conscience...

II. Psalm 51 is the PATHWAY to Repentance.

David starts to come clean. In Ps. 51, we see...

A. OUR EXPRESSION OF REPENTANCE.

What does real repentance look like? Well, first it requires...

1. CONFESSION.

David uses three powerful words here that capture the sinfulness of his sin.

- 🔍 1st: '**transgression**': Means to willingly rebel against God's commands.
- 🔍 2nd: '**iniquity**': Iniquity means bent, crooked, or perverse.
- 🔍 3rd: '**sin**': It's often said that sin means 'missing the mark'.

The next part of repentance is:

2. CONTRITION.

Real repentance has one more part to it.

3. CLEANSING THAT LEADS TO CHANGE.

Psalm 38 is an X-ray of a Guilty Conscience.

Psalm 51 is the PATHWAY to Repentance.

In Psalm 32 we see:

III. THE BREAKAWAY FROM GUILT TO GRACE.

JOY is refueled!

FELLOWSHIP is restored!

WORSHIP is resumed!

Sin causes me to live for myself. Repentance puts everything back into proper perspective.