



### **Study Guide**

Psalms 32 is a "penitential psalm" or a psalm of confession.

A "maskil" is probably a musical or liturgical term

The term "selah" is also a musical or liturgical term that may refer to silence, pause, or an interlude. However, the exact meaning of the Hebrew term is unknown. This term primarily shows up in the psalms, but also appears in Habakkuk. This psalm has three breaks and four sections.

V.1-4

How does David compare and contrast what the human experience is like in verses 1-2 and verses 3-4?

Have you experienced this difference in your own life?

When you think about confession, what comes to mind?

V. 5

How does this verse help you understand vv. 1-4?

Is this something someone does once in life and is done? Or is this a continual, ongoing habit or spiritual discipline?

Are you in the habit of confessing your sin? Is this just between you and God? Or do you confess to a fellow disciple of Jesus?

Read 1 John 1:8-10; what does this add to your understanding of this psalm?

V. 6-7

The word "therefore" indicates that what is following will be connected to what has just been communicated.

Expand on the differences between verse 3-4 and 6-7. What characteristics of God make both of these possible?

There are three clear descriptions of God in verse 7. What are they? How do the different ways of describing God impact your understanding of Him?

V. 8-11

There may be a shift from David's words to God's words in verses 8-9, but regardless of whose words they are, there are divine promises communicated.

Why is it important to understand these words as promises?

Being honest, have you ever noticed that you have been like a horse or a mule (stubborn) in your willingness to confess your sins to God? Why do you think this happens to humans? Are you more or less stubborn now than you were 5 years ago? Why?

In verses 10-11, David does a compare and contrast again. This time it is with the wicked and the one who trusts in the Lord.

How does David describe the reality of the wicked? What is different for those who trust in the Lord?

Why is verse 11 a realistic command?

What is a practical way you can do what is being directed in verse 11?

How do you understand confession being an integral part of your life as a disciple of Jesus?

Is it possible to be "happily hidden" in Christ without confession? Why or why not?

What other psalms of confession do you recall? Are they always joyful?

Read James 5:16. How does this passage help you understand confession?

Hearing the truth that you are forgiven after confession makes a world of difference. Read Romans 10:5-13.

**Next Steps:** Confess your sins so you are not hiding from God. Be reminded that you are forgiven so you can be happily hidden in Christ.

**Next week's Scripture:** Psalm 119:9-16