

PRAYING THE PSALMS

Bridging Intimacy With God

Study 5

Praying our Confession Part 1
Psalm 32



PSALM 51 - REPENTANCE

1. A Change of heart
2. Confession of guilt
3. Asking for forgiveness and restoration
4. Recommitment to worship and service



PRAYING OUR CONFESSION

A. Why should we confess ?

Study 5

B. How should we confess ?

Study 6

C. What happens when we confess?

WHY WE MUST CONFESS

- ① To obtain the blessing of forgiveness
- ② To live within the truth
- ③ To avoid the pain of guilt
- ④ To respond to God's patience

WHY WE DON'T LIKE TO CONFESS

- A. Admission personal failure
- B. Admission I have not improved since
since the last time
- C. Admission I have to change

1. THE BLESSING IN CONFESSION

Psalms 32:1-2 (ESV)

1 Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

1. THE BLESSING IN CONFESSION

Psalms 32:1-2 (ESV)

1 Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

THE DIMENSIONS OF SIN

Transgression
Pesa

Rebellion

Willful
Premeditated

Sin
Hatta

Miss the mark

Divine standard
God rightfully expects
Whether accidental or
deliberate

Iniquity
Awon

Perversion
Disrespect
for God

Does not honor Him
which is His due and
our obligation

1. THE BLESSING IN CONFESSION

WHAT GOD DOES WITH OUR SIN

Psalms 32:1-2 (ESV)

1 Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

THE DIMENSIONS OF SIN

Transgression
Pesa

Rebellion

Sin
Hatta

Iniquity
Awon

Forgive.....Lift up throw away

BAR COUNCIL SAYS 'NOT SHOCKING' THAT CHARGES AGAINST LIM GUAN ENG DROPPED 19 OCTOBER 2018, 12:32 PM. NST



...the Deputy Public Prosecutor has since explained that it was his considered opinion that there is insufficient evidence to succeed at the end of the prosecution case.

CHARGED



LIFTED



Blessed – joyful

THE DIMENSIONS OF SIN

Transgression
Pesa

Sin
Hatta

Iniquity
Awon

Missing the mark

Covered...out of sight

SIMILAR IDEA

Psalms 51:1-2 (ESV) Have mercy on me, O God, according to your steadfast love; according to your abundant mercy

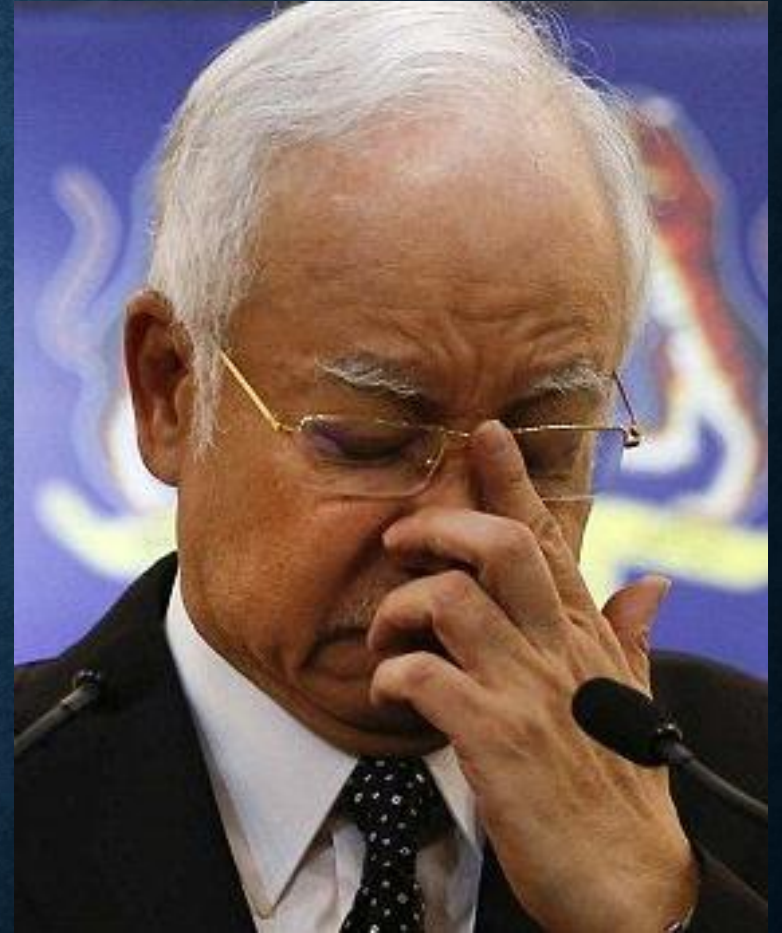
blot out my transgressions.

2 Wash me thoroughly from my iniquity, and cleanse me from my sin!

COVERED ...BLESSED?



UNCOVERED



“sin cannot condemn us and it has lost much of its power over us, but it is still present. We must not imagine that we are completely free of it “

Tim Keller

1. THE BLESSING IN CONFESSION

WHAT GOD DOES WITH OUR SIN

Psalms 32:1-2 (ESV)

1 Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.

THE DIMENSIONS OF SIN



Iniquity

Awon

Perversion

Does not impute

Romans 4:6-8 (ESV) 6 just as David also speaks of the blessing of the one to whom God counts righteousness apart from works:

7 “Blessed are those whose lawless deeds are forgiven, and whose sins are covered;

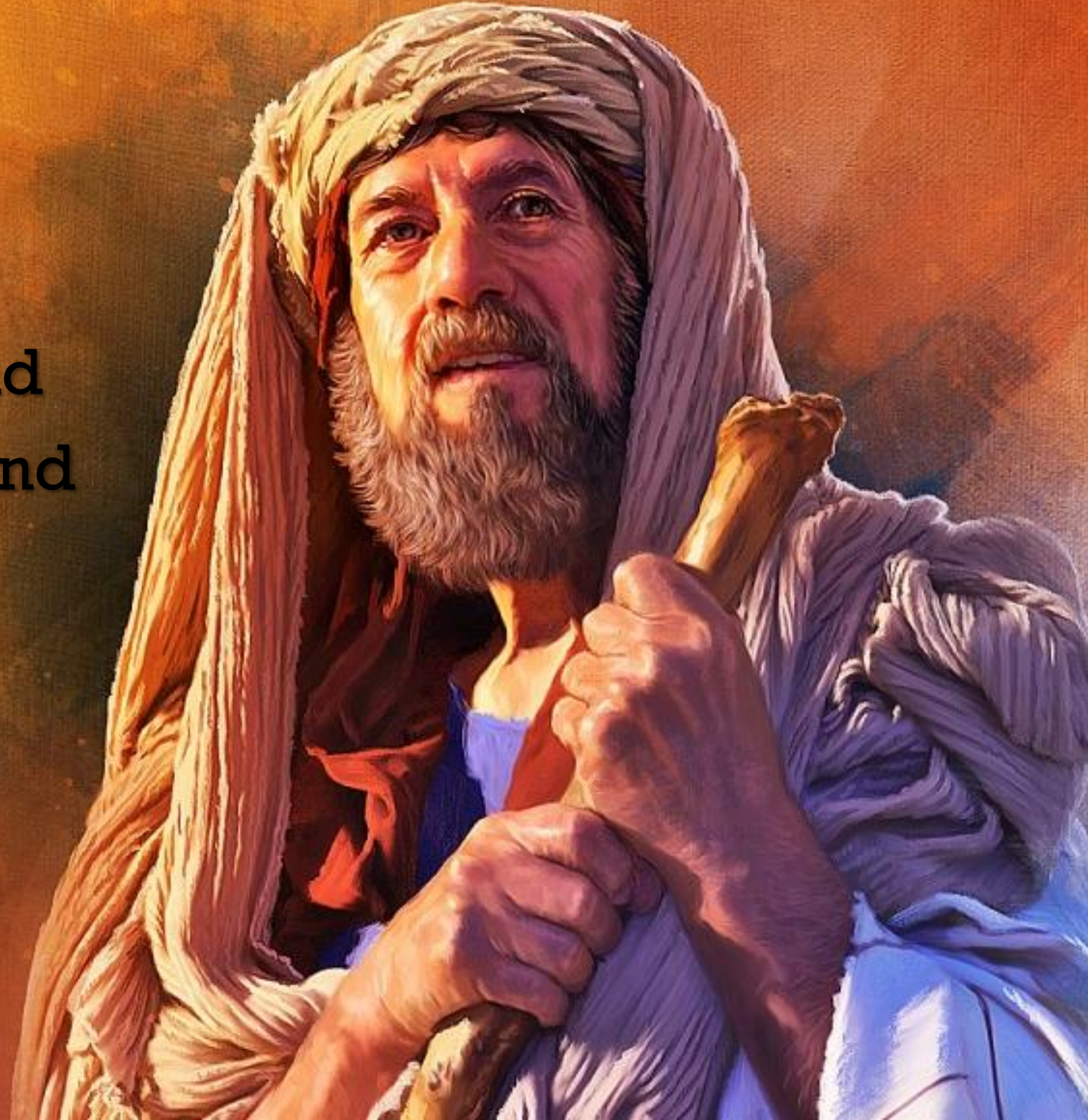
8 blessed is the man against whom the Lord will not count his sin.”

CONTEXT

Romans 4:4-5 (ESV) 4 Now to the one who works, his wages are not counted as a gift but as his due. 5 And to the one who does not work but believes in him who justifies the ungodly, his faith is counted as righteousness,

APPEAL TO FATHER JEWISH RELIGION

**Genesis 15:6 (ESV) 6 And
he believed the LORD, and
he counted it to him as
righteousness.**



CASH (asset)		EQUIPMENT (asset)	
Debit	Credit	Debit	Credit
	Righteousness		

2 Corinthians 5:21 (ESV) 21 For
our sake he made him to be sin
who knew no sin, so that in him
we might become the
righteousness of God.

Sorrow of guilt

Joy of forgiveness



Blessing of confession

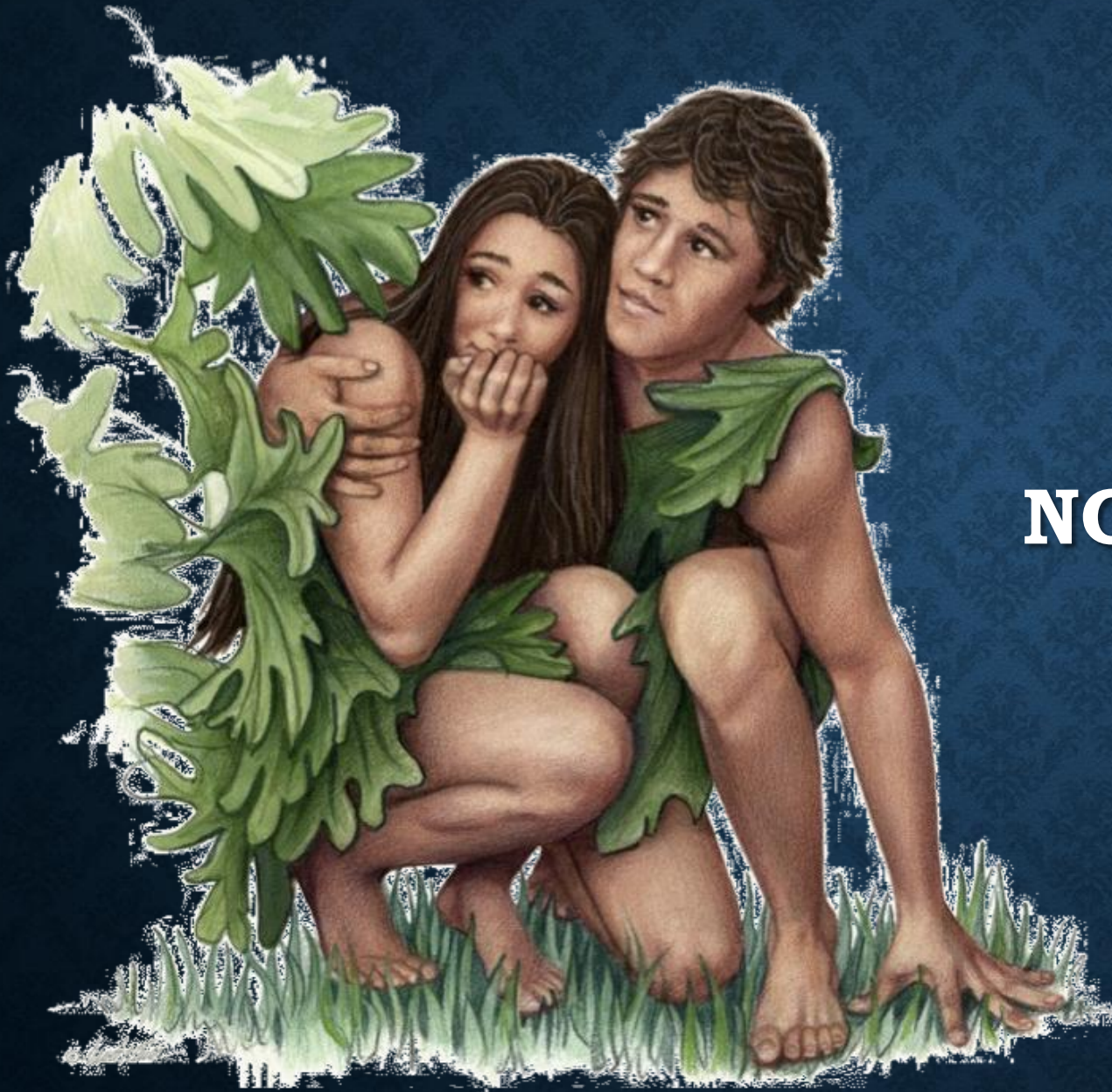
WHY WE MUST CONFESS

- ① To obtain the blessing of forgiveness
- ② To live within the truth
- ③ To avoid the pain of guilt
- ④ To respond to God's patience

2. RECONNECT WITH THE TRUTH

Psalms 32:1-2 (ESV) 1 Blessed is the one whose transgression is forgiven, whose sin is covered.

2 Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.



NO NEED TO HIDE

2. RECONNECT WITH THE TRUTH-WITH HIM

1 John 1:5-6 (ESV) This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. 6 If we say we have fellowship with him while we walk in darkness, **we lie and do not practice the truth**

OUR RELATIONSHIP WITH THE TRUTH

Denial

Ignorance

Distortion

Confess (yādâ hiphil). Giving testimony to the truth of something

TRUMP ON GOD: 'I DON'T LIKE TO HAVE TO ASK FOR FORGIVENESS'



Denial

Ignorance

Distortion

"I have great relationship with God. I have great relationship with the Evangelicals,"

d. I ask
And do a
lot of things that are bad. I try to do nothing
that is bad. I think if I do something wrong, I
think, I just try and make it right. I don't
bring God into that picture. I don't."

LANCE ARMSTRONG



You overcome the disease, you win the Tour de France seven times. You have a happy marriage, you have children. I mean, it's just this mythic perfect story, and it wasn't true.

GOD SEEKS TO BLESS US

Forgive.....Lift up throw away

Covered...out of sight

Not imputed

WHY WE MUST CONFESS

- ① To obtain the blessing of forgiveness
- ② To live within the truth
- ③ To avoid the pain of guilt
- ④ To respond to God's patience

3. RELIEF FROM THE PAIN OF GUILT

Psalms 32:3-4 (ESV) For 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 dried up as by the
heat of summer. Selah



THE PAIN OF GUILT

Lance
Armstrong

That wasn't the happiest time of my life,"





Was it hard to live up to that picture that was created?

"Impossible. Certainly I'm a flawed character, as I well know, and I couldn't do that."

I certainly couldn't handle it, and I was used to controlling everything in my life. I controlled every outcome in my life."

A woman with long brown hair, identified as Lady Macbeth, is sitting on a dark, textured floor. She is wrapped in a white sheet that covers her head and body, with only her face and hands visible. Her hands are clasped together in her lap. She has a distressed and weary expression, looking slightly to the right. The background is dark and indistinct.

Lady Macbeth

Act 5 : Scene I

Yet here's a spot.
Out, damned spot! Out, I say!—
One, two

What, will these hands ne'er be
clean?—

There's still a spot here.

WEIGHT INTENSIFIES THE EXPERIENCE

Experienced lower levels of guilt

Experienced higher levels of guilt

Kouchaki, M., Gino, F., & Jami, A. (2014). The burden of guilt: Heavy backpacks, light snacks, and enhanced morality. *Journal of Experimental Psychology: General*, 143(1), 414-424.

self-reported guilt mediated the effect of wearing a heavy backpack on these behaviors



CONFESSION IS PATH TO PSYCHOLOGICAL FREEDOM

*This is the path to freedom for it immediately clarifies his psychological position, removes him from a **highly** negative situation, frees him from pressure, and to a great extent, removes his guilt.*

Journal of Criminal Law and Criminology Volume 47 | Issue 2 | 1956
Psychology of Confession, The Milton W. Horowitz Article 5

A still from a television interview. Oprah Winfrey, on the right, is seated in a wooden armchair with a brown leather seat, wearing a light blue dress and holding a blue folder. She is looking towards a man on the left. The man, with short grey hair, is wearing a dark suit jacket over a light blue button-down shirt and dark trousers. He is seated in a similar wooden armchair, leaning forward with his hands clasped, looking at Oprah. In the background, there is a glass-topped table with a white lace tablecloth. On the table are three decorative vases in yellow, green, and blue, and a gold-colored bowl. The room has large windows with white curtains and wooden side panels.

*Happier giving
his confession*

“‘I CHEATED BUT ONLY A LITTLE’ — PARTIAL CONFESSIONS TO UNETHICAL BEHAVIOR,”

Eyal Pe'er, Alessandro Acquisti, and Shaul Shalvi,
Journal of Personality and Social Psychology, February 2014, Vol. 106, No. 2.



“Confessing to only part of one’s transgressions is attractive to a lot of people because they expect the confession to be more believable and guilt-relieving than not confessing,”

Eyal Pe'er Senior Lecturer, School of
Public Policy Hebrew University of
Jerusalem

“‘I CHEATED BUT ONLY A LITTLE’ — PARTIAL CONFESSIONS TO UNETHICAL BEHAVIOR,”



Five experiments involving 4,167 people from all over the United States.

Cheaters who confessed just part of their wrongdoing were also judged more harshly by others than cheaters who didn't confess at all

“‘I CHEATED BUT ONLY A LITTLE’ — PARTIAL CONFESSIONS TO UNETHICAL BEHAVIOR,”



Partial confessions vs Full confessions -
expressed higher regret

Partial confessions vs No confessions -
increased feelings of guilt, shame and
anxiety,

Full confessors vs Partial confessors- were
more relieved and less guilt

“‘I CHEATED BUT ONLY A LITTLE’ — PARTIAL CONFESSIONS TO UNETHICAL BEHAVIOR,”

Eyal Pe'er, Alessandro Acquisti, and Shaul Shalvi,
Journal of Personality and Social Psychology, February 2014, Vol. 106, No. 2.



“Paradoxically, people seeking redemption by partially admitting their big lies feel guiltier because they do not take complete responsibility for their behaviors . True guilt relief may require people to fully come clean.”

Eyal Pe'er

RAP ARTIST G DEP--- RELIEF FROM THE PAIN OF GUILT



2010 he walked into a police station to confess to the crime two decades after it took place. Murder of a man in botched robbery in 1993

WHY WE MUST CONFESS

- ① To obtain the blessing of forgiveness
- ② To live within the truth
- ③ To avoid the pain of guilt
- ④ To respond to God's patience

4. RESPOND TO GODS PATIENCE

Psalms 32:6 (ESV) 6 Therefore let everyone who is godly

offer prayer to you at a time when you may be found;

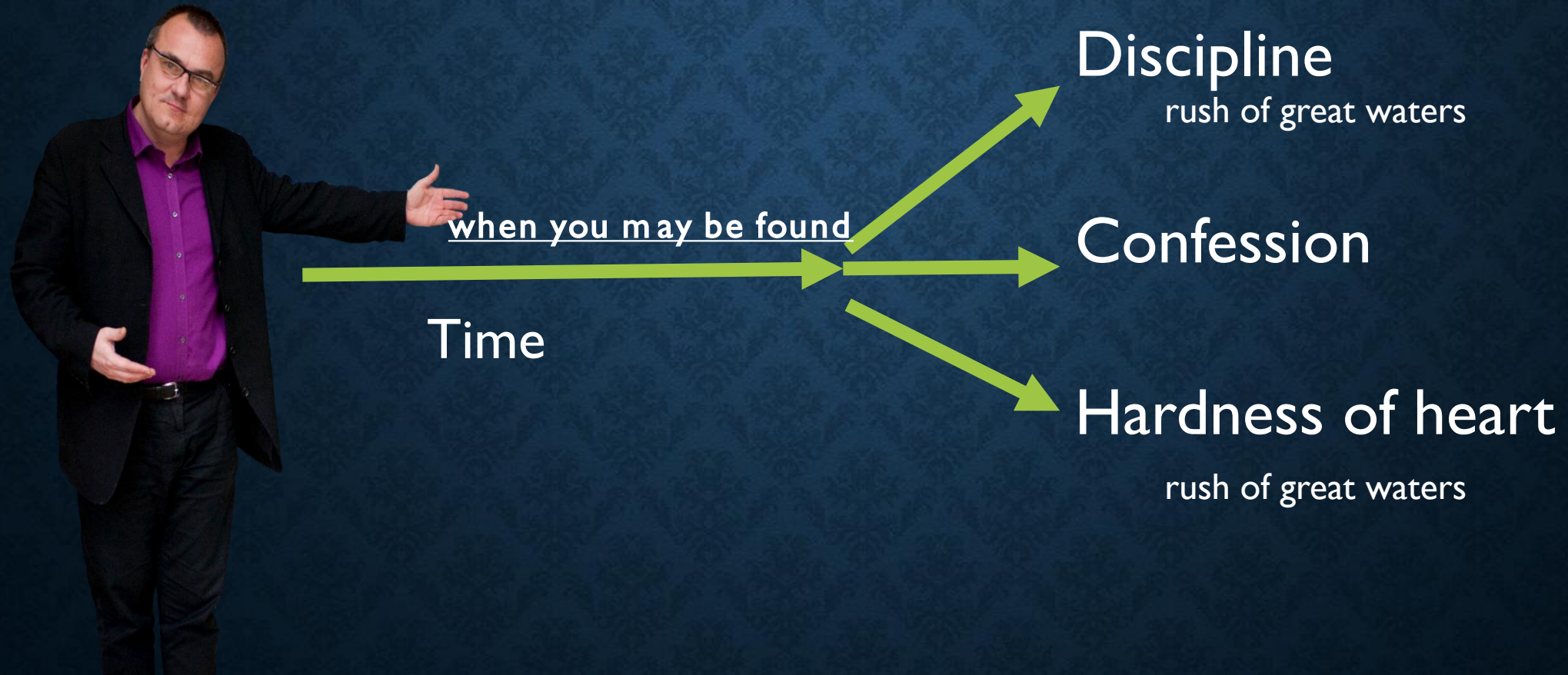
Degree of urgency

surely in the rush of great waters,

they shall not reach him

Threat of judgement

ONLY THREE OPTIONS





LANCE ARMSTRONG

Oprah: Was it a big deal to you, did it feel wrong?

Lance: "No. Scary."

Oprah: It did not even feel wrong?

Lance: "No. Even scarier."

Did you feel bad about it?

Lance: "No. The scariest."

WHY WE MUST CONFESS

- ① To obtain the blessing of forgiveness
- ② To live within the truth
- ③ To avoid the pain of guilt
- ④ To respond to God's patience

PRAYING OUR CONFESSION

A. Why should we confess ?

B. How should we confess ?

C. What happens when we confess?