

“Are You Happy?”

PSALM 32

MAIN POINT: HAPPINESS COMES FROM HAVING ALL OUR SINS FORGIVEN.

Psalms of Thanksgiving – The psalms of thanksgiving are psalms of answered prayer. It usually begins with a statement of the intention of the psalmist to give thanks and a brief reason why the thanksgiving is being offered. The main section is the narration of the psalmist’s experience of trouble and God’s deliverance. The conclusion usually includes further testimony to God’s graciousness. (Richard P. Belcher, Jr.)

I. Happiness Found in Forgiveness (vs. 1-2)

“The description [‘blessed’] presupposes throughout not a sinless person, but a person whose sins are forgiven; the psalmist views humans as sinning beings, whose possibility of happiness lies in the removal and forgiveness of that sin.” (Peter Craigie)

“Divine love triumphed over divine wrath by divine self-sacrifice.” (John Stott)

“Happy are those who recognize that they are *not* righteous, and who know what to do about it.” (Michael Wilcox)

II. Happiness Attained by Confession (vs. 3 - 5)

“The word is scarcely in his mouth, before the wound is healed.” (Augustine)

“There is deceit in the spirit of the person who admits with his mind that he sins but feels no revulsion in his heart at those sins...This is deceit because sin *is* repulsive and horrid in God’s eyes and ought to be hated and shunned. So to come to God admitting sin and feeling no grief or repugnance is to come with deceit, for what you are acknowledging is not really acknowledged as sin. The prerequisite therefore of divine forgiveness is admitting our sin as real and rejecting our sin as repulsive.” (John Piper)

III. Happiness Pursued Daily (vs. 6 – 11)

- A. With Prayer
- B. With Humility

C. With Trust

D. With Worship

IV. Are You Happy?

Application Questions:

- 1) How has God been merciful to you this week in keeping you from being happy in other things? What hasn't gone according to plan? How have these circumstances served to remind you where happiness is truly found?
- 2) Are you presently experiencing happiness in God?
- 3) What does it look like to "remain silent" about your sin? Are you someone that quickly and truly confesses your sin? Why or why not?
- 4) Do you believe that happiness comes by having your sin's forgiven?
- 5) How can you specifically pursue happiness this week? In what ways can you proclaim your happiness to those who don't know the joy of forgiveness?