

{1-2} How blessed is he whose transgression is forgiven, Whose sin is covered!
How blessed is the man to whom the LORD does not impute iniquity, And in whose
spirit there is no deceit!

{3-4} When I kept silent about my sin, my body wasted away Through my groaning
all day long. For day and night Thy hand was heavy upon me; My vitality was
drained away as with the fever heat of summer. Selah.

{5} I acknowledged my sin to Thee, And my iniquity I did not hide; I said, "I will
confess my transgressions to the LORD"; And Thou didst forgive the guilt of my
sin. Selah.

{6-7} Therefore, let everyone who is godly pray to Thee in a time when Thou
mayest be found; Surely in a flood of great waters they shall not reach him. {7}
Thou art my hiding place; Thou dost preserve me from trouble; Thou dost surround
me with songs of deliverance. Selah.

{8-9} I will instruct you and teach you in the way which you should go; I will
counsel you with My eye upon you. {9} Do not be as the horse or as the mule
which have no understanding, Whose trappings include bit and bridle to hold them
in check, Otherwise they will not come near to you.

{10-11} Many are the sorrows of the wicked; But he who trusts in the LORD,
lovingkindness shall surround him. {11} Be glad in the LORD and rejoice, you
righteous ones, And shout for joy, all you who are upright in heart."

INTRODUCTION Illustration of Heart Attack In Cypress Creek parking lot.

Know The Early Warning Signs Of a Heart Attack

- Mild Chest pressure, aching or burning that comes and goes
- Chest discomfort that may be mistaken for indigestion
- Similar discomfort in the inner arm (especially left arm), jaw, teeth or other parts of the body - with or without chest discomfort
- Chest discomfort that may worsen with activity and subside with rest
- Chest discomfort that may "crescendo" - that is, come back sooner, last longer or be more severe each time
- Chest discomfort described above that may be accompanied by sweating, shortness of breath or flu like symptoms.

God has a purpose in everything that He does. In Psalm 32, we are given signs of sin and God has a purpose for them. The Lord desires to bless us. He wants to forgive us of our transgressions. He wants to cover our sins. He does not want to impute iniquity, but to keep us pure before Him.

Our tendency is to hide and to try to cover up our sins. The Lord gave us signs to help us turn away from our sins and turn toward Him. The signs gradually get more and more severe. But they are intended to move us back into relationship with Him so that He can bless us. His work is redemptive.

Most events in life happen in stages. For example, a plant slowly grows and goes through stages. It begins as a seed. It is planted and then it sprouts. It grows up and puts on leaves. It flowers and then begins to bear fruit. After the fruit, it begins to dry up and die.

There are stages in sin. James says that it begins with lust. A person is tempted and carried away and enticed by his own lust. Then lust conceives and gives birth to sin. When sin is accomplished, it brings forth death. It is a process with many different stages. The word for brings forth is tikto, which means to bring forth from seed, as in a plant.

“When sin is accomplished, it brings forth death.” The word for accomplished is apoteleo, which comes from two words. The first word means to complete or finish. The second word means to set out for a goal. Together they form a word which means to finish or complete the goal that was set before us.

Sin has a goal; it is death. It is not usually immediate death, but it develops and grows like a plant until it brings forth its ultimate goal of death. In Psalm 32, David gives us an in depth look at some of the stages of sin and the purposes of God for them.

James 1:13-15 "Let no one say when he is tempted, "I am being tempted by God"; for God cannot be tempted by evil, and He Himself does not tempt anyone. {14} But each one is tempted when he is carried away and enticed by his own lust. {15} Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death."

1. SILENCE. “When I kept silent...” (Vs. 3) There is a withdrawing from others when there has been a trespass, sin or offense. The person will clam up and become quiet. He does not want to be around others. There will be all kinds of fears, including fear of exposure, and these will tend to make the person become introverted and quiet.

Proverbs 18:1 "He who separates himself seeks his own desire, He quarrels against all sound wisdom."

We are told to be of sober spirit, that our enemy is like a roaring lion, seeking someone to devour. His desire is to separate us from the fold, from the rest of the brethren. When we are weak, sick or separated, we are easy prey. We must not give in to the thoughts of the enemy to become separated or withdraw or to our own wayward thoughts which seem right to us; they will end in death.

Proverbs 16:25 "There is a way which seems right to a man, But its end is the way of death."

1 Peter 5:8 "Be of sober spirit, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour."

2. WALLS. A person not only withdraws, but begins to put up walls around himself, especially towards the person he has been sinned against or has sinned against. The relationship is cut off emotionally and often times physically.

Proverbs 18:19 "A brother offended is harder to be won than a strong city, And contentions are like the bars of a castle."

The walls and bars speak of imprisonment. A person who has offended, has been offended or has taken up an offense for another becomes imprisoned. He cannot get on the other side of the walls and other people cannot get in. We have a picture of this in the account of Joseph. The baker and cupbearer offended the king. He became furious and threw them into prison. This imprisonment did not just affect their relationship with the king, but it also affected their ability to work, and to have relationship with others whom they had not offended.

Genesis 40:1-3 “Then it came about after these things the cupbearer and the baker for the king of Egypt offended their lord, the king of Egypt. And Pharaoh was furious with his two officials, the chief cupbearer and the chief baker. So he put them in confinement in the house of the captain of the bodyguard, in the jail, the same place where Joseph was imprisoned.”

Many times in marriages, the people are living in the same house, under the same roof, but are miles apart relationally because of the walls that they have put up. For some reason, they see it okay to divorce someone emotionally and physically, but not legally. There will be little physical affection, if any in the marriage, which compounds the situation.

Because of the silence, the withdrawing and the walls that go up, it is important to resolve things quickly. When the walls and bars go up and are firmly in place, it becomes extremely difficult to win the brother.

3. DECEIT “And in whose spirit there is no deceit!” When you keep silent about your sin, you harbor deceit in your spirit. You give the appearance that all is okay, but there is deceit or guile there. The word used is “remiyah” which means treachery, deceit, guile, false, or slack.

There are consequences to harboring deceit. One of the most serious is the breaking of fellowship with the Lord. The Lord says that those who practice deceit shall not dwell in His house and shall not maintain his position before the Lord. If we want to be in His presence and to be useful to the Lord, we must clear offenses and keep our spirits free from deceit.

Psalms 101:7 "He who practices deceit shall not dwell within my house; He who speaks falsehood shall not maintain his position before me."

In the account of the cupbearer and baker, neither one of these men was able to stay in the house of the king. Neither one was able to maintain his position before the king. Once the king was able to discern that the cupbearer was innocent, he raised him up to his former position.

4. BITTER PILL (Verse 3-4) “When I kept silent about my sin, my body wasted away Through my groaning all day long. For day and night Thy hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah”

As a person withdraws from others, the blood flow in the body of Christ is cut off from that member. The offense is not flushed out and removed from the body. As it lingers in the body, it turns to infection and poison. The body begins to react to this bitter pill of poison. It seeks ways to release the pressure from the infection. Here are some ways that it begins to act.

A. Our Words. James 3:1 says that we all stumble in many ways and if anyone can bridle his tongue, he can bridle the rest of the body as well. The first place that the poison begins to come out is in the mouth. There are many different ways this happens. It comes out in the form of abusive speech, back biting, bad reports, curses, gossip, slander, whispering or unwholesome speech. Other people will be poisoned through these ways if they are not careful to stop the person from sharing.

Hebrews 12:14-15 "Pursue peace with all men, and the sanctification without which no one will see the Lord. {15} See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;"

The book of Hebrews tells us to let no root of bitterness spring up and cause trouble so that many are defiled. As these poisons spring up and are shared, many can become defiled. God warns us not to let this happen. The way to do this is preventative, not taking care of offenses as they happen.

- **Abusive Speech**– This is vile conversation or filthy communication. It is offensive, slanderous, insulting, mean and uncaring.

Col 3:8) "But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth."

- **Curse**– To blaspheme, hex, bewitch, damn, pronounce, or jinx.

James 3:9-10 "With it we bless our Lord and Father; and with it we curse men, who have been made in the likeness of God; from the same mouth come both blessing and cursing. My brethren, these things ought not to be this way."

- **Gossip**– To seek to destroy another's credibility or reputation with damaging facts, distortions of facts, or evil suspicions. To accuse falsely, be devilish, slander, secretly calumniate, or whisper.

2 Cor 12:20 "For I am afraid that perhaps when I come I may find you to be not what I wish and may be found by you to be not what you wish; that perhaps there may be strife, jealousy, angry tempers, disputes, slanders, gossip, arrogance, disturbances;

Rom 1:29 "being filled with all unrighteousness, wickedness, greed, evil; full of envy, murder, strife, deceit, malice; they are gossips,"

1 Tim 3:11 "Women must likewise be dignified, not malicious gossips, but temperate, faithful in all things.

2 Tim 3:3 "unloving, irreconcilable, malicious gossips, without self-control, brutal, haters of good,

Titus 2:3 "Older women likewise are to be reverent in their behavior, not malicious gossips, nor enslaved to much wine, teaching what is good,"

1 Tim 5:13 "And at the same time they also learn to be idle, as they go around from house to house; and not merely idle, but also gossips and busybodies, talking about things not proper to mention."

- **Slander** To destroy another's credibility or reputation with damaging facts, distortions of facts, or evil suspicions.

Proverbs 10:18 "He who conceals hatred has lying lips, And he who spreads slander is a fool."

Prov 16:28 "A perverse man spreads strife, And a slanderer separates intimate friends."

Colossians 3:8 "But now you also, put them all aside: anger, wrath, malice, slander, and abusive speech from your mouth."

- **Whispering** Secretly or privately passing on evil reports to others.

Prov 18:8 "The words of a whisperer are like dainty morsels, And they go down into the innermost parts of the body."

Proverbs 26:20 "For lack of wood the fire goes out, And where there is no whisperer, contention quiets down."

Isaiah 8:19 "And when they say to you, "Consult the mediums and the spiritists who whisper and mutter," should not a people consult their God? Should they consult the dead on behalf of the living?"

Defining Types of Wrong Speech & Their Root Words	
Abusive speech:	G-148: aischrologia--vile conversation, filthy communication
Curse:	H-779: arar--to curse G-2672: kataraoimi--to execrate, to doom, curse
Evil/Bad Report:	H-1681:Dibbah--slander, desolating, evil report, destructive, useless, lying (This word was used in describing Joseph's report about his brothers to his dad which further alienated him from them. It is also used to describe the report that the ten bad spies brought back to Moses.)
Gossip:	H-7400: rakiyl--a scandal-monger (as traveling about), slander, carry tales, talebearer G-5587: psithurismos--whisper, secret detraction, (from G-5574--to utter an untruth, attempt to deceive, falsehood)
Malicious:	H-2555: chamal--violent, damaging, false, injustice, wrong G-1228: diabolols--a traducer, false accuser, devil, slanderer
Slander:	H-7270: ragal--(to walk along), to be a tale bearer, backbiter H-1681: dibbah--slander, evil report, defaming H-3960: lashan--to wag the tongue, calumnate, accuse, slander G-988: blasphemia--(from G-984: blapto--to injure, hurt + G-5345: pHEME--a saying, to make known one's thoughts, speak, say) evil speaking, railing, vilification, blasphemy G-2636: katalalia--defamation, backbiting, evil speaking
Unwholesome speech:	G-4550: saphros--bad, worthless, corrupt, rotten G-3056: logos--word, something said
Whisper:	H3907. lachash, law-khash'; a prim. root; to whisper; by impl. to mumble a spell (as a magician)--charmer, whisper (together). H5372. nirgan, neer-gawn'; from an unused root mean. to roll to pieces; a slanderer:--talebearer, whisperer. H6850. tsaphaph, tsaw-faf'; a prim. root; to coo or chirp (as a bird):--chatter, peep, whisper.

B. Physical Manifestations (Vs 3) “My body wasted away Through my groaning all day long.” The poison begins to make the person sick, tired and drained. Sin drains the body of energy and life. The literal translation is that the bones or body fail, wear out, decay or become old. The Scriptures indicate the person is in agony, groaning all day and night as his body wastes away. It is symptomatic of bone cancer, which is very painful. Ironically, many people believe that the cause of much cancer is bitterness and unforgiveness.

C. Emotional Manifestations (Vs 4) “Thy hand was heavy upon me; my vitality was drained away as with the fever heat of summer.” The soul is weighted down or heavy. Life becomes burdensome. This drains you of energy, vitality and life.

Proverbs 12:25 "Anxiety in the heart of a man weighs it down."

The KJV uses the word moisture instead of vitality. The word in Hebrew is leshad which means moisture such as in a fresh cake. A literal translation would be that the body like a fresh cake became stale and dry.

It became dry as the heat drought of summer. We have another word picture here about summer. The word for summer is “qayits”, which means harvest. The scorching heat and lack of moisture damages the harvest of your life. The thief comes to kill and destroy and this is what is happening to the person’s life. His life is being destroyed and his fruitfulness is being destroyed.

John 10:10 “The thief comes only to steal, and kill, and destroy; I came that they might have life, and might have it abundantly.”

When there is bitterness and unforgiveness, Jesus taught in a parable that a person who will not show mercy and forgiveness to another will be handed over to the torturers. God does not want us to hold on to the sins of others. He wants them settled.

Matthew 18:21-35 "Then Peter came and said to Him, "Lord, how often shall my brother sin against me and I forgive him? Up to seven times?" {22} Jesus said^ to him, "I do not say to you, up to seven times, but up to seventy times seven. {23} "For this reason the kingdom of heaven may be compared to a certain king who wished to settle accounts with his slaves. {24} "And when he had begun to settle them, there was brought to him one who owed him ten thousand talents. {25} "But since he did not have the means to repay, his lord commanded him to be sold, along with his wife and children and all that he had, and repayment to be made. {26} "The slave therefore falling down, prostrated himself before him, saying, 'Have patience with me, and I will repay you everything.' {27} "And the lord of that slave felt compassion and released him and forgave him the debt. {28} "But that slave went out and found one of his fellow slaves who owed him a hundred denarii; and he seized him and began to choke him, saying, 'Pay back what you owe.' {29} "So his fellow slave fell down and began to entreat him, saying, 'Have patience with me and I will repay you.' {30} "He was unwilling however, but went and threw him in prison until he should pay back what was owed. {31} "So when his fellow slaves saw what had happened, they were deeply grieved and came and reported to their lord all that had happened. {32} "Then summoning him, his lord said^ to him, 'You wicked slave, I forgave you all that debt because you entreated me. {33} 'Should you not also have had mercy on your fellow slave, even as I had mercy on you?' {34} "And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. {35} "So shall My heavenly Father also do to you, if each of you does not forgive his brother from your heart.'"

5. A FLOOD (Vs 6) “Therefore, let everyone who is godly pray to Thee in a time when Thou mayest be found; Surely in a flood of great waters they shall not reach him.” There is a time for every activity under the sun. There is a time to clear up offenses before they become infected and cause other problems. This verse says to call out to the Lord while there is still an opportunity.

“In a flood of great waters they shall not reach him.” When the offense is not cleared up, the infection will grow and magnify the problem. It will be like a flood of great waters. This is speaking about an uncontrollable flood that has gone over the banks. It is powerful and destructive and will run whatever course it wants being unchallenged.

People believe that time will heal things. Time does not heal offenses. Offenses that have been properly taken care of will heal in time, but otherwise they will become infected and grow larger.

Psalms 38:18 "For I confess my iniquity; I am full of anxiety because of my sin."

Jeremiah 49:23 "Concerning Damascus. "Hamath and Arpad are put to shame, For they have heard bad news; They are disheartened. There is anxiety by the sea, It cannot be calmed."

6. SPIRITUAL SEPARATION “They shall not reach him.” The word reach is “naga”, which means to touch, lay your hand upon, to lie with a woman, or to arrive somewhere. There will be a spiritual separation from God as a result of the offense. A person will not be able to experience an intimacy with the Lord. This is why the Lord tells people to leave their offering at the altar and get reconciled first with their brother.

Isaiah 59:2 "But your iniquities have made a separation between you and your God, And your sins have hidden His face from you, so that He does not hear."

Matthew 5:23-24 ""If therefore you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar, and go your way; first be reconciled to your brother, and then come and present your offering."

Psalms 101:7 "He who practices deceit shall not dwell within my house; He who speaks falsehood shall not maintain his position before me."

7. HEALING (Vs 6) “Therefore, let everyone who is godly pray to Thee.” The first step in resolving a conflict or offense is to go to the Lord in prayer.

A. Acknowledge Sin. (Vs 5) “I acknowledged my sin to Thee, And my iniquity I did not hide.” The first step before the Lord is to acknowledge our sin. We cannot hide our sins from Him, so we might as well bring them out into the open before Him.

B. Confess Sin (Vs 5) "I will confess my transgressions to the LORD." The word for confess in the Hebrew is “yadah” which means to extend your arms and hands in power as in throwing a stone or arrow away the person. (It is also used in worship as lifting your hands.) We are to throw our sins away from us and towards God.

This is similar to what the Peter, the fisherman, tells us to do in 1 Peter 5:7, "casting all your anxiety upon Him, because He cares for you." The word cast is a fishing term, speaking of throwing or heaving the nets away from the boat and into the water. The nets were heavy and required much strength. Some of the anxieties and sins that we carry are heavy and will require great strength, courage and effort to throw away from us.

The word for anxiety is "merimna" which means to disunite, be different, divide, give part or distribute. Anxieties in context are things that disunite us from God and from others. The result of that separation, troubles, is what we commonly think of as anxiety. God wants us to throw away the differences between us, to clear up those offenses.

In order to clear up those differences, it is necessary to go to others as well. We must work out those differences, separations, sins or offenses with others. We must confess our sins to one another, repenting for our wrongful actions, attitudes and words. As we confess and pray for one another, God promises healing.

James 5:16 "Therefore, confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much."

C. Receive Forgiveness (Vs 5) "And Thou didst forgive the guilt of my sin." We must receive God's forgiveness. God says that if we confess our sins, He is faithful and righteous and will forgive our sins and cleanse us from all unrighteousness. We need to stand on His promises that we have been forgiven. Our adversary, the accuser of the brethren will try to condemn and keep us under our sins. We need to receive and accept His forgiveness by faith.

1 John 1:9 "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

8. METHOD OF INSTRUCTION (Vs 8-9) "I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you. Do not be as the horse or as the mule which have no understanding, Whose trappings include bit and bridle to hold them in check, Otherwise they will not come near to you."

God wants us to learn from our mistakes. He wants to instruct us and teach us about our ways. Our ways speak of our actions and our lifestyle; it is the life that we live. We have two options, we can come to Him and learn from Him, being internally motivated, or be externally motivated through consequences for our sins.

He exhorts us not to be horses or mules with no understanding who need external controls like a bit and bridle to hold them in check. He desires relationship with us. He wants us to come to Him as our covering, Forgiver, Covering, Forgiver, Counselor, Instructor and loving Father.

9. BLESSING (Vs 1-2, 10-11) “How blessed is he whose transgression is forgiven, Whose sin is covered! How blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit!... Many are the sorrows of the wicked; But he who trusts in the LORD, lovingkindness shall surround him. Be glad in the LORD and rejoice, you righteous ones, And shout for joy, all you who are upright in heart.”

God begins the Psalm speaking about blessing for those whose sins are forgiven. He ends the Psalm speaking about the specifics of the blessing. The lovingkindness of the Lord shall surround him. He will be glad in the Lord. The righteous will rejoice and shout for joy. The Lord desires His people to rejoice and be happy, to have fulness of joy. Purity, freedom, right standing with God should make us shout for joy.

Signs Of Sin (Psalm 32)

INTRODUCTION

- God's purpose in signs of sin is to bless us. Psalm 32:1-2
- There are stage of life. There are stages of sin. James 1:13-15

1. SILENCE. "When I kept silent..." (Vs. 3) Proverbs 18:1, Proverbs 16:25, 1 Peter 5:8

2. WALLS. Proverbs 18:19

- Example of Cupbearer and Baker, Genesis 40:1-3

3. DECEIT "And in whose spirit there is no deceit!" Psalms 101:7

4. BITTER PILL (Verse 3-4)

A. Our Words. James 3:1, Hebrews 12:14-15

- **Abusive Speech**– This is vile conversation or filthy communication. It is offensive, slanderous, insulting, mean and uncaring. Col 3:8
- **Curse**– To blaspheme, hex, bewitch, damn, pronounce, or jinx. James 3:9-10
- **Gossip**– To seek to destroy another's credibility or reputation with damaging facts, distortions of facts, or evil suspicions. To accuse falsely, be devilish, slander, secretly calumniate, or whisper. 2 Cor 12:20, Rom 1:29, 1 Tim 3:11, 2 Tim 3:3, Titus 2:3, 1 Tim 5:13
- **Slander** To destroy another's credibility or reputation with damaging facts, distortions of facts, or evil suspicions. Proverbs 10:18, Prov 16:28, Colossians 3:8
- **Whispering** Secretly or privately passing on evil reports to others. Prov 18:8, Proverbs 26:20, Isaiah 8:19

B. Physical Manifestations (Vs 3) "My body wasted away Through my groaning all day long."

- Example of poison to our system.

C. Emotional Manifestations (Vs 4) Proverbs 12:25, John 10:10, Matthew 18:21-35

5. A FLOOD (Vs 6) Psalms 38:18, Jeremiah 49:23

6. SPIRITUAL SEPARATION (Vs. 6) Isaiah 59:2, Matthew 5:23-24, Psalms 101:7

7. HEALING (Vs 6) The first step in resolving an offense is to go to the Lord in prayer.

A. Acknowledge Sin. (Vs 5) The first step before the Lord is to acknowledge our sin.

B. Confess Sin (Vs 5) We must confess our sins. The word for confess in the Hebrew is "yadah" which means to extend your arms and hands in power as in throwing a stone or arrow away the person. 1 Peter 5:7, James 5:16

C. Receive Forgiveness (Vs 5) We must receive God's forgiveness. God says that if we confess our sins, He is faithful and righteous and will forgive our sins and cleanse us from all unrighteousness. 1 John 1:9

8. METHOD OF INSTRUCTION (Vs 8-9)

9. BLESSING (Vs 1-2, 10-11)

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 - There are _____ of life. There are _____ of sin. James 1:13-15
1. _____ (Vs. 3) Proverbs 18:1, Proverbs 16:25, 1 Peter 5:8
 2. _____ Proverbs 18:19
 - Example of Cupbearer and Baker, Genesis 40:1-3
 3. _____ Psalms 101:7
 4. _____ (Verse 3-4)
 - A. _____ . James 3:1, Hebrews 12:14-15
 - **Abusive Speech**– This is vile conversation or filthy communication. It is offensive, slanderous, insulting, mean and uncaring. Col 3:8
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 - B. _____ (Vs 3)
 - Example of poison to our system.
 - C. _____ (Vs 4) Proverbs 12:25, John 10:10, Matthew 18:21-35
 5. A _____ (Vs 6) Psalms 38:18, Jeremiah 49:23
 6. _____ (Vs. 6) Isaiah 59:2, Matthew 5:23-24, Psalms 101:7
 7. _____ (Vs 6) The first step in resolving an offense is to go to the Lord in prayer.
 - A. **Acknowledge Sin.** (Vs 5) The first step before the Lord is to acknowledge our sin.
 - B. **Confess Sin** (Vs 5) We must confess our sins. The word for confess in the Hebrew is “yadah” which means to extend your arms and hands in power as in throwing a stone or arrow away the person. 1 Peter 5:7, James 5:16
 - C. **Receive Forgiveness** (Vs 5) We must receive God’s forgiveness. 1 John 1:9
 8. _____ (Vs 8-9)
 9. _____ (Vs 1-2, 10-11)