

4 • What Does Repentance Sound Like?

We've learned that repentance is a change of mind that leads to a change of behavior. But what does the "godly grief" that "produces a repentance that leads to salvation"



(2 Cor 7:10:) really *sound* like? **Psalm 32** is a great place to begin wrapping our series up. It starts with wonderful news:

Blessed is the one whose transgression is _____,
whose sin is _____.

Blessed is the man against whom the LORD counts no iniquity,
and in whose _____ there is no _____. (32:1-2)

Transgressions can be forgiven! Sin can be covered! I can reach a point where the LORD counts none of my iniquities against me... but **not** if there is deceit in my spirit. Why? Because deceit in my spirit means I'm not being honest with myself or God or other people. Deceit in my spirit means I haven't really changed my mind. I'm not living with godly grief. I'm still hiding my sin. Listen to how doing exactly that affected David:

For when I kept _____, my bones wasted away
through my groaning all day long.

For day and night _____ hand was heavy upon me;
my strength was dried up as by the heat of summer. (32:3-4)

Trying to hide sin from God or anyone else isn't the answer! It doesn't do anyone any good. So what did David need to do?

I _____ my sin to you,
and I did not cover my iniquity;
I said, "I will _____ my transgressions to the LORD,"
and you forgave the iniquity of my sin. (32:5)

What will keep me from being honest with God and other people?

Be not like a horse or a _____, without understanding... (32:9)

I can't be stubborn like a mule and repent the way God wants me to. But if I will "trust in the LORD" (32:10) and decide to be "upright in heart" (32:11), what can I believe about God?

You are a _____ place for me;
you preserve me from trouble;
you surround me with shouts of deliverance. (32:7)

Steadfast love surrounds the one who trusts in the LORD (32:10). Repentance means I'm going to stop loving sin and start loving God the way I should have all along.

For Class & Family Discussion:

- ▶ David started verses 1 and 2 of **Psalm 32** with “Blessed.” What does that word mean? How is the one being described in those two verses truly “blessed”?
- ▶ In your own words, what does it mean if there is “deceit” in my “spirit” (32:2)? How did it get there? What might it look like or sound like?
- ▶ Why *can't* I be forgiven by God if there is deceit in my spirit?
- ▶ A couple of weeks ago, we briefly looked at **Psalm 51**, another psalm of David. How did he make the same really important point in 51:6? What is he saying, in your own words?
- ▶ Is it always easy to be honest with ourselves or God or other people about sin? If not, why not?
- ▶ How can it be tempting to be “like a horse or a mule, without understanding” (**Psa 32:9**) when it comes to our sins?
- ▶ Why, ever since the Garden of Eden, have people been tempted to try to hide their sin from God? Does it ever work? Let's look back at **Psalm 32:3-4**. What is David describing?
- ▶ In **Psalm 32:5**, what does David mean by “acknowledging” his sin to God or “confessing” his transgressions? **James 5:16** encourages us to do that with each other. Why? Why would anyone be willing to do that? What good can come from it?
- ▶ Revisiting **Psalm 51:16-17** one more time, what is David saying? What does this mean?
- ▶ Having finished this little series, if you were going to explain to someone what repentance really is, how would you do it? What do we all need to understand about what it means to repent?