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Joyfulness in Prayer, Psalm 32

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Introduction

- Many of us find our prayer lives weak and draining. Any true believer would desire instead to experience life and strength in prayer.
 - This psalm is filled with happiness and it tells us how to find it. What David says applies to our experience of joyfulness as well.
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The Obstacle to Joyfulness

- What would be our culture's answer to fill-in the blank, "How happy is the one who..."
 - So much exists in our modern world to make us happy. Entertainment media, foods, drinks, festivals, vacations, drugs, etc. Why?
 - Because life is difficult and there's a lot to make us miserable.
 - What is the Bible's answer to that fill-in the blank? "How joyful is the one whose transgression is forgiven, whose sin is covered!" (1).
 - The happy man is the one who has been freed from what makes you miserable... not what our culture typically identifies but it is sin.
 - Unrighteousness produces misery and hopelessness.
 - **Point:** Sin is the obstacle to experiencing joy in prayer.
 - **APP:** Confess the sin that you find in your heart and in your life.
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The Way to Joyfulness

- What will God do if we confess our sin?

- The first verse describes forgiveness as “lifting it off.” The shameful of his sin is covered.
- God no longer accounts (imputes) one’s sin to him. Your debt really is paid and you do not have to go on and on confessing that sin. You are free.
 - “He erased the certificate of debt, with its obligations, that was against us and opposed to us, and has taken it away by nailing it to the cross” (Col. 2:14).
 - “Likewise, David also speaks of the blessing of the person to whom God credits righteousness apart from works: Blessed are those whose lawless acts are forgiven and whose sins are covered. Blessed is the person the Lord will never charge with sin” (Rom. 4:6-8).
- Is there a proof of this forgiveness?
 - Yes, because forgiveness changes a man’s heart. See vs. 2b, “and in whose spirit is no deceit!”
 - Moreover, his blessing is not only spiritual. Rather, along with his spiritual sickness came physical sickness.
 - Sin can attack our bodies, nerves, and mind.
- **Point:** Confession is the way to experience joy in prayer.
 - Real Christians aren’t afraid of being known as sinners.
- **APP:** Uncover your sin so God can cover it.
 - There is great realism that even the great king David could experience such sinfulness, then so can any of us.
 - Bring everything to God. If you aren’t sure if something was sinful, bring it to God and ask him to help you understand.
 - There is no such great happiness as being a Christian; yet, there is no such great misery as being a Christian who has backslidden.

The Growth of Joyfulness

- Lastly, we see that joyfulness is something that grows.
- **Point:** Our joy leads to other experiencing the joy of confession and forgiveness.

- APP: Three testimonies.
- He has a testimony to God (6).
 - What does that mean? It means to speak good to his name.
- He has a testimony to deliverance (11).
 - “He has rescued us from the domain of darkness and transferred us into the kingdom of the Son he loves. In him we have redemption, the forgiveness of sins: (Col. 1:13-14).
 - Deliverance means that I am no longer under the sovereignty of sin.
- He has a testimony to guidance (8-9).
 - The Lord guidance us in the practical aspects of our lives and gives moral guidance. There must be participation between God’s guidance and our submission to following.