

Cornerstone Women's Ministry
"The Joy of Forgiveness" Psalm 32 Homework week of May 14/15

MEMORY VERSE: "Blessed is he whose transgression is forgiven, whose sin is covered, blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is not deceit." Psalm 32:1-2

David (read Rom. 4:6-8) wrote psalm 32. It does not say the details of his sin in this Psalms, but many think that it was written after David's adulterous relationship with Bathsheba (2 Sam. 11-12). A sinful act that David did not consider anyone would notice snowballed into a tragedy. Out of David's lust he commits adultery and impregnates Bathsheba the wife of Uria the Hittite, one of David's "37 mighty men" (2 Sam. 23:39). Later when he tries to cover his sin, he commits murder by having her husband Uria killed "intentionally" at war. In his effort to brush everything under the rug and do the right thing, he marries Bathsheba. The baby is born and it seems that all is well, but God is not pleased. So God sends the prophet Nathan to David and at that point, David realizes he can no longer cover his own sin, but repents and ask for forgiveness.

For the most part this sounds like many of the movies we see on TV where people commit sin and try to make everything ok by their own hand. Things may look ok on the outside, but for those of us who have tried to cover our own sin, we know a different story. There is much turmoil and repercussion to sin that only the Lord can deliver us. As you read Psalms 32, David is so grateful for the Lord's forgiveness and covering. I pray you find it comforting to know that you are blessed because of the Lord's forgiveness.

Day 1 Forgiveness is a BLESSING!

1. Read Psalm 32:1-2

"Blessed is he whose _____ is forgiven, whose sin is covered. Blessed is the man to whom the Lord does not _____, and in whose spirit there is not deceit." Psalm 32:1-2

The dictionary says transgression is a violation of law, command or duty. Iniquity is gross immorality or injustice, wickedness. Impute, in this passage, means to "charge his account with".

2. Let's plug in our new definitions to the scripture above as you re-read it aloud.

"Blessed is he whose transgression (violation of law) is forgiven, whose sin is covered, blessed is the man to whom the Lord does not impute (charge his account with) iniquity (gross immorality or injustice wickedness), and in whose spirit there is not deceit." Psalm 32:1-2. What a relief that God does not relate our sin back to us once we are forgiven. We are blessed to have God's forgiveness and when He forgives, He forgives us as "far as the east is from the west". Psalm 103:12

3. Look up the scriptures below; write what comfort these scriptures bring you?

Num. 14:18 -
Psalm 103:12 -
Eph. 1:7 -

4. TABLE SHARING: Thinking about where your life has taken you and where you have come from, pick a scripture above and share why it brings you such comfort.

Day 2 How Unforgiveness Affects us

1. Read Psalm 32:3-5

*"When I kept silent, my bones grew old
Through my groaning all the day long.
For day and night Your hand was heavy upon me;
My vitality was turned into the drought of summer. Selah
I acknowledged my sin to You,
And my iniquity I have not hidden.
I said, "I will confess my transgressions to the LORD,"
And You forgave the iniquity of my sin. Selah"*

2. Rom. 6:23 tells us *“the wages of sin are death but what is the gift of God”*.
Let’s read Matt. 18:21-35 “The Parable of the unforgiving servant.”

3. Why should we have compassion on those who ask us for forgiveness?

4. Read these scriptures. Why is it important to forgive?

Matt 6:14-15-

Mar. 11:25 -

TABLE SHARING: Share with your group a time where the Lord helped you forgive another person and how that impacted your health...your life!

**Spend time in prayer today asking the Lord if you are holding onto any unforgiveness. If you are holding on to unforgiveness, write down your unforgiveness on a piece of paper and confess your transgression to the Lord and He will forgive you. Then tear it up and throw it away as far as the east is from the west, just as God does.

Day 3 Pray

1. Read this portion of scripture, Psalms 32:6-7
*“For this cause everyone who is godly shall pray to You
In a time when You may be found;
Surely in a flood of great waters
They shall not come near him.
You are my hiding place;
You shall preserve me from trouble;
You shall surround me with songs of deliverance. Selah”*

2. What do you think David is saying here?

3. When should we pray to God? Today, find a quiet place to pray aloud. Pray through Psalm 32:6-7. Thank the Lord for delivering you, protecting you and directing your path.

Day 4 The Lord’s Instruction

1. Read Psalms 32:8-9
*“I will instruct you and teach you in the way you should go;
I will guide you with My eye.
Do not be like the horse or like the mule,
Which have no understanding,
Which must be harnessed with bit and bridle,
Else they will not come near you.”*

2. Would you consider yourself a good listener?
Do you take directions well or are you a do it my own way person?

3. Perhaps, today, you could talk to the Lord about how well you take His instruction. They say that whatever level of faith you have, that is the level of obedience you will have. Do you love others, do you serve, and are you making disciples, do you worship the Lord with songs of praise and with your tithes and offerings, do you feed the poor?

Day 5 Rejoice! You are Forgiven!

1. Read Psalms 32:10-11

*“Many sorrows shall be to the wicked;
But he who trusts in the LORD, mercy shall surround him.
Be glad in the LORD and rejoice, you righteous;
And shout for joy, all you upright in heart!”*

I read a story of a Grandma and her 4 yr old granddaughter Kara. “We had been standing on the hillside watching the airplane skywriting,” her grandmother wrote. “When the words began to disappear, she asked, “Why Grandma? Where do they go?” “Then, as I groped for an answer, her little face brightened and she suddenly exclaimed, “Maybe Jesus has an eraser!”

What a concept! No matter how much we mature as people, grow as Christians, try desperately to compensate, memories of our own failures rise up to haunt us, and sting. We ask God to forgive us and try to believe we He does forgive us. Nevertheless, the memory will not go away. Sometimes it takes the innocence and wisdom of a child to make us realize that just as the writing in the sky disappears, so does the things I so bitterly regret. Jesus does have a big eraser!

2. James 2:13 *“For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment.”* Mercy means ‘unmerited favor’. God does not have to show us kindness and forgiveness, we don’t deserve it, but He freely offered up His Son Jesus, to show us and give us His mercy. There will be no mercy for those who have not shown mercy to others. Nevertheless, if you have been merciful, God will be merciful when he judges you. We want Jesus to use that big eraser on our sins, regrets and shortcomings, but what about others, do we give them a big eraser? Is there someone, or a situation, that you need to extend a big erase? Ask for the help of the Holy Spirit now (remember our teaching on the Holy Spirit and how God sent Him to be our helper?). Allow God to touch your heart with His mercy...now go and extend mercy.

4. TABLE SHARING: Is there a time someone extended mercy to you in the form of a big eraser? What did that speak to you? Have you received God’s mercy?
5. Matthew Henry, well known and respected theologian (most known for his commentaries on the Old Testament, from the 1700’s, was inspired to write a list of reasons he was thankful for God’s mercy in his life. on the occasion of his 20th birthday. Here is just a few of the 26 that appeared on that original list. Take some time to write your own list, I’m sure you will get some inspiration from reading this list!
 - That I am endued with a rational, immortal soul, capable of serving God here, and enjoying him hereafter, and was not made as the beasts that perish.
 - That I was formed, and curiously fashioned by an All-wise hand in the womb, and kept there, nourished and preserved, by the same gracious hand, till the appointed time.
 - That, at the appointed time, I was brought into the world, the living child of a living mother, and though means were wanting, yet He that can work without means, was not.
 - That I have been ever since comfortably provided for with bread to eat, and raiment to put on, not for necessity only, but for ornament and delight, and that without my pains and care.
 - That I have been kept and protected from many dangers that I have been exposed to by night and by day, at home and abroad, especially in journeys.
 - That I have had comfortable accomodation as to house, lodging, fuel, etc., and have been a stranger to the wants of many thousands in that kind.
 - That I have been born in a place and time of gospel light; that I have had the scriptures and the means of understanding them, by daily expositions, and many good books, and that I have had a heart to give myself to and delight in the study them.
 - That I have been endued with a good measure of praying gifts, being enabled to express my mind to God in prayer, in words of my own, not only alone, but as the mouth of others.

- That God hath inclined my heart to devote and dedicate myself to him, and to his service, and the service of his church in the work of ministry, if ever he shall please to use me.
- That I have a good hope through grace, that, being chosen of God from eternity, I was in the fullness of time called, and that a good work begun in me, which I trust God will perform.
- That I have had some sight of the majesty of God, the sweetness of Christ, the evil of sin, the worth of my soul, the vanity of the world, and the reality and weight of invisible things.
- That when I have been in doubt I have been guided; in danger I have been guarded; in temptation I have been succored; under guilt I have been pardoned; when I have prayed, I have been heard and answered; when I have been under afflictions they have been sanctified, and all by divine grace.
- That I am not without hope, that all these mercies are but the earnest of more, and pledges of better in the kingdom of glory, and that I shall rest in Abraham's bosom, world without end.
- Lastly, thanks be to God for Jesus Christ, the fountain and foundation of all mercies. Amen, Hallelujah.