

vss 1 & 2 ~ Blessed are the Forgiven

- Being forgiven by God is the greatest possible blessing
- But we don't always enjoy it to the fullest . . .
- Sometimes we barely enjoy it at all . . .

vs 3a ~ “When I kept silent, my bones grew old”

- David wrote this psalm ~ He'd been a believer all of his life . . .
- God forgives us and cleanses us from sin and guilt
- We are free from our bondage ~ free from our former lusts . . .
- But we can (*and often do*) return to them willingly
 - We try to do so secretly ~ without anyone knowing (*not even God*)
- But our hidden sins eat away at our very core (“bones grew old”)

Self-deceit Robs us of the Blessings of Forgiveness

- David has just emerged from a long period of self-deception
 - He'd left the darkness of sin – and returned to the light of God's love
 - *!!!: Skipping school* in winter ~ oak tree ~ warmth of house
- This verse is for us non-Nathanaels (**John 1.47** ~ “in whom is no deceit”)
- David just warned against this in **v2b** ~ “in whose spirit there is no deceit”)
- David lived it ~ Most of us do too . . .

vs 3b ~ “Through my groaning all the day long”

- Our groanings are indicators of the conditions of our hearts
- *!!!: Co-worker at artifacts* review ~ groaned with each new slide
- Bearing sin is a costly practice ~ groaning reflects this high cost

Groaning under the load of sin reflects the tremendous weight of it
This is a weight that we cannot bear ~ It eventually crushes us
Jesus bore the weight ~ But even He staggered under it's weight in the Garden
He groaned in agony under the weight of sin
But this too is a tremendous blessing we'll explore more next time