

The Blessedness of Forgiveness

Chapter 10

Audio Lesson: Old Testament #55



Objective: To understand that God knows us completely and offers His guidance and forgiveness in every problem we have.



Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

—Psalm 139:23-24

Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

—Hebrews 4:16

If we confess our sins, he is faithful and just to forgive us our sins and purify us from all unrighteousness.

—1 John 1:9

In Psalms 32 and 51, among others, David speaks of emotions we can all relate to: the feelings associated with guilt. Guilt can be healthy for us up to a point, as it reminds us that we have a standard of righteousness and are accountable to God. But when guilt weighs on us for too long, we grow spiritually dry and can even feel physically sick. Psalms of confession and forgiveness show us the blessings of God's grace and restoration.



David's prayer in Psalm 139 describes the God to whom we pray. God knows and understands everything about us, so He is the perfect counselor in times of difficulty. His presence is always with us, He formed us in our mother's womb, He ordained all of our days, He thinks about us with precious and limitless thoughts, and He protects us. When we understand that this is the God to whom we pray, we can pray with confidence and complete honesty.

1. True or false? If someone feels guilty, he or she has at least some sense of integrity.
2. True or false? There is no such thing as guilt; it is an illusion of the mind.
3. True or false? When we confess our sin, we can experience God's forgiveness.
4. True or false? God can reveal Himself not only through nature and the Bible, but also through others.

Unless otherwise noted, choose one answer for each question.

5. Which of the following can be symptoms of guilt? (*choose all that apply*)
 - a. Misery
 - b. Contentment
 - c. Frustration
 - d. Weakness
 - e. Spiritual fruitfulness
 - f. Spiritual drought
 - g. Freedom
 - h. Depression

(Listen as leader reads Psalm 19)

6. According to Psalm 19, how does God first reveal Himself to us?
 - a. Through the Bible
 - b. Through preachers
 - c. Through nature
 - d. Through meditation
7. What does nature show us about God?
 - a. His glory and His infinite wisdom and power
 - b. His teaching about salvation
 - c. His laws are limited
 - d. Nothing. God cannot be seen in nature.
8. According to Psalm 19, what can the Scriptures do? (*choose all that apply*)
 - a. Enlighten the eyes
 - b. Bring joy to our heart
 - c. Make the simple become wise
 - d. Convert the soul
 - e. All of the above

9. How is God's revelation described in the Bible?
- a. Adequate, simple, and sometimes helpful
 - b. Beautiful, perfect, and powerful
 - c. Frightening, obscure, and difficult
 - d. Angry, harsh, and defiant
10. How do we solve our problems of envy and doubt?
- a. By getting more education
 - b. By praying to God and worshiping Him
 - c. By asking for counsel from others
 - d. By ignoring them
11. Why did David ask God to search his heart?
- a. To see how good David's heart was
 - b. To reveal long-forgotten secrets
 - c. To make David feel better
 - d. To show him the sinful motives and thoughts in order to deal with them

(Listen as leader reads Psalm 139)

12. What does Psalm 139 tell us about God? (*choose all that apply*)
- a. He knows every detail about us.
 - b. We cannot escape from His presence.
 - c. He is not interested in our lives.
 - d. God knew the details of our lives before we were born.
 - e. God formed us Himself.
 - f. God does not know the future.
 - g. God protects us.
 - h. God knows all of our thoughts.



Have you ever felt that your life was a random event? What does God's Word say about that? How does it comfort you to know that He is always with you and has always known every detail of your life?



Ask God to search your heart and mind and to reveal whatever should not be in you. Then confess them to Him and ask Him to help you deal with wrong motives and thoughts. Thank Him for His promise to forgive and cleanse you.



Going Deeper

1. What did God reveal to David about himself in Psalm 51 when David asked God to show him the truth about himself and how he could have sinned so terribly? _____

2. What does David do about the revelation God gave him of why he had sinned? (Consider verse 10) _____

3. In Psalm 32, what do we learn about how David's year of un-confessed sin made him feel, and how does he describe the blessedness of his forgiveness once he confessed his sin? _____

4. How should these two psalms impact un-confessed sin in your life, and how do these two psalms give you a prescription for your confession? _____

5. According to Psalm 19, what are three ways that God reveals truth to this world, and what are the functions and purposes of the Word of God? _____

6. Give a profile of the God to Whom David addresses his prayer at the end of the Psalm 139.

7. In this same psalm, relate verse 16 to the issue of abortion. _____
