

Third Sermon
Elements of the Long Journey
PSALMS 32

Psalm 32

1

**Blessed is the one
whose transgressions are forgiven,
whose sins are covered.**

2

**Blessed is the one
whose sin the Lord does not count against them
and in whose spirit is no deceit.**

3

**When I kept silent,
my bones wasted away
through my groaning all day long.**

4

**For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.^[b]**

5

**Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, "I will confess
my transgressions to the Lord."
And you forgave
the guilt of my sin.**

6

**Therefore let all the faithful pray to you
while you may be found;**

surely the rising of the mighty waters
will not reach them.

7

You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.

8

I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.

9

Do not be like the horse or the mule,
which have no understanding
but must be controlled by bit and bridle
or they will not come to you.

10

Many are the woes of the wicked,
but the Lord's unfailing love
surrounds the one who trusts in him.

11

Rejoice in the Lord and be glad, you righteous;
sing, all you who are upright in heart!

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**Tie all this to the topic of resilience and describe
the transition to a wider scope**

1 Acknowledging *inwardly* and wholeheartedly who
we truly are, our *specific* needs and condition. See
Romans 7:14-19; Psalms 51:3, 14

2 Confessing before God, and even before others,
verbally and in prayer (*outwardly*) our true condition

and sinfulness (**Psalms 32:1-5**: “when I kept silent”, Psalms 51). **1 John 1:9**: “If we confess our sins, he is faithful to forgive our sins and cleanse us.”

Psalms 32:1-5

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3 Renouncing (sincerely, single-mindedly).
Renounce is to say “no”. **Titus 2:12**

11 For the grace of God has appeared that offers salvation to all people. 12 It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, 13 while we wait for the blessed hope—the appearing of the glory of our great God and Savior, Jesus Christ

4 Confessing/affirming/declaring *positively* our inevitable victory, our condition of being transformed, in anticipation; the importance of verbalizing, prophesying, speaking positively, as a way of reinforcing what is happening within us.
(Galatians 2:20;

Ephesians 2:5,6)

4 But because of his great love for us, God, who is rich in mercy, 5 made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved. 6 And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus,

5 Claiming God’s promises for ourselves (Joshua 1:3:

“³ Every place that the sole of your foot shall tread upon, *that* have I given unto you, as I said unto Moses.”

6 Prophesying our new condition, like David did when fighting Goliath:

1 Samuel 17:45ff

45 David said to the Philistine, “You come against me with sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, whom you have defied. 46 This day the Lord will deliver you into my hands, and I’ll strike you down and cut off your head. This very day I will give the carcasses of the Philistine army to the birds and the wild animals, and the whole world will know that there is a God in Israel. 47 All those gathered here will know that it is not by sword or spear that the Lord saves; for the battle is the Lord’s, and he will give all of you into our hands.”

7 Visualizing (See Hebrews 11; seeing ourselves as what we can become; rehearsing this image over and over until it becomes a reality)

Hebrews 11:13

(¹³ All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance, admitting that they were foreigners and strangers on earth.)

8 Praying insistently, routinely. We must pray into reality our vision of our redeemed selves. This includes visualizing, confessing, renouncing, etc.

9 Rebuking demonic powers who will oppose us. There will be spiritual warfare involved. In our times of prayer this is a necessary element.

10 Embracing passionately our desired, envisioned new personal reality. We welcome it fully, instead of secretly rejecting it, doubting it, or being lukewarm toward it. We not only accept, but **cultivate** this new personal reality. (compare with #7;

11 Repeating/Insisting/Persisting (the need for long-term vision, discipline)

12 Community and support of others. Resiliency presupposes a supportive community. Even secular minds acknowledge this.