

The Secret to a Happy Heart



- What is the biggest regret in your life?

The back story for Psalm 32 and 51 is found in 2 Samuel 11-12. It is the story of David slipping away from God, committing adultery with Bathsheba, plotting and murdering her husband, Uriah, and covering it up for at least a year. Guilt ate away at David. He described the torment of his soul and heart. It made him physically sick. He had no joy or peace. He never experienced happiness again until he confessed his sin and sought God's forgiveness.

Many people today have no joy. Guilt is eating away at their heart and mind. They exist under a dark cloud. But there is good news! There is forgiveness. There is an opportunity to get right with God.

Central Lesson:
Sin robs our joy but forgiveness restores it.

1. Sin is against **GOD**.

"Then David confessed to Nathan, 'I have sinned against the Lord.'" (2 Sam. 12:13).

"4 Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just." (Psalm 51:4).

We must realize that sin is an offense against God. We are violating His laws and rebelling against His purposes. People today live without any regard of how God feels about their disobedient behavior. The Apostle Paul wrote, "...our goal is to **please him**." (2 Cor. 5:9).

2. Forgiveness leads to **JOY** (1-2)

"1 Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! 2 Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty!"

David's joy was restored when he confessed his sin and sought God's forgiveness.

3. Covering up **SIN** has painful consequences (3-4).

"3 When I refused to confess my sin, my body wasted away, and I groaned all day long. 4 Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat."

Bible teacher, Warren Wiersbe, wrote, "What happened to David when he refused to confess his sins? He suffered. He suffered spiritually..., but he also suffered physically. He became like an old man. God's hand of conviction was heavy upon him day and night. He 'dried up' like a brook in a drought. Some

people who go to the doctor to take care of the symptoms ought to go to the Lord to take care of their sins. This does not mean that all sickness is caused by sin, but it does mean that unconfessed sin can cause physical affliction." *Wiersbe's Expository Outlines of the Old Testament*, p. 445.

4. God is **EAGER** to forgive (5).

"5 Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, 'I will confess my rebellion to the Lord.' And you forgave me! All my guilt is gone."

Nathan the prophet was sent by God to confront David with his sin (See 2 Samuel 12). David immediately confessed his sin (2 Sam. 12:13). In the same way, we must seek God and confess our sin without delay.

5. Confessing sin has a limited **WINDOW** of opportunity (6).

"6 Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment."

- ▶ We can miss God's opportunity to get right (2 Corinthians 6:2).

"For God says, 'At just the right time, I heard you. On the day of salvation, I helped you.' Indeed, the 'right time' is now. Today is the day of salvation."

- ▶ God does not abandon people to the full consequences of their sin when they persistently rebel against Him. (Romans 1:24, 26, 28).

"24 So God abandoned [NIV - gave them over] them to do whatever shameful things their hearts desired..."

"26 That is why God abandoned [NIV - gave them over] them to their shameful desires..."

"28 Since they thought it foolish to acknowledge God, he abandoned [NIV - gave them over] them to their foolish thinking and let them do things that should never be done."

- ▶ Persistent sin can result in the sin unto death (1 John 5:16-17)

"16 If you see a fellow believer sinning in a way that does not lead to death, you should pray, and God will give that person life. But there is a sin that leads to death, and I am not saying you should pray for those who commit it. 17 All wicked actions are sin, but not every sin leads to death."

6. God **FAVORS** those who love and obey Him (7-11).

"7 For you are my hiding place; you protect me from trouble. You surround me with songs of victory. 8 The Lord says, 'I will guide you along the best pathway for your life. I will advise you and watch over you. 9 Do not be like a senseless horse or mule that needs a bit and bridle to keep it under control.' 10 Many sorrows come to the wicked, but unfailing love surrounds those who trust the Lord. 11 So rejoice in the Lord and be glad, all you who obey him! Shout for joy, all you whose hearts are pure!"

Central Lesson:
Sin robs our joy but forgiveness restores it.

- ▶ Accept Christ as your Savior. ▶ As a Christian, dedicate your life to Christ.
- ▶ Invite someone to next Sunday's study. ▶ Attend a small group. ▶ Read the Bible this week & journal meaningful verses. ▶ Pray for friends that need Jesus.