

“True Happiness”

Text: Psalm 32

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“While all men seek happiness, scarcely one in a hundred looks for it from God.”

-- John Calvin

A. The _____ of True Happiness

1. The blessedness of _____

Psalm 32:1 – Blessed is the one whose transgression is forgiven, whose sin is covered.

2. The blessedness of _____

Psalm 32:2 – Blessed is the man against whom the Lord counts no (or imputes not) iniquity.

3. The blessedness of a _____

Psalm 32:2 – Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit.

Acts 24:16, 1 Timothy 1:5

B. The _____ to True _____

1. Maintain a _____ toward sin

Psalm 32:3-4 – For when I kept silent, **my bones wasted away through my groaning all day long.** For **day and night your hand was heavy upon me; my strength was dried up** as by the heat of summer.

The Impact of not dealing with sin:

1. Physical pain – a justifiable guilty conscience may cause lack of appetite, bodily pain: **“my bones wasted away”**
2. Emotional pain – the turmoil of lamenting, a gnawing away that cannot be silenced: **“through my groaning all day long”**
3. Lack of energy – the fight between the resistance of our pride and the pull of humility by the Spirit wears one out: **“my strength was dried up as by the heat of summer”**

4. Constancy of the battle – the loving but firm hand of God pointing toward unresolved sin: “for day and night your hand was heavy upon me”

A SECOND PATH TO UNHAPPINESS RELATED TO 1st

2. _____ to _____ to divine chastisement

Psalm 32:4 – For day and night your hand was heavy upon me

Hebrews 12:6, 11-12

“God would not rub so hard, were it not to fetch out the dirt and spots that be in His people.”

--Thomas Brooks

C. The _____ of True Happiness

1. Be _____ and _____ in self-examination and confession

Psalm 32:5 – I acknowledge my sin to You, and I did not cover my iniquity; I said, “I will confess my transgression to the Lord.”

Psalm 139:23-24

1 Timothy 1:5 – The aim of our charge is love that issues from a **pure heart** and a **good conscience** and a **sincere faith**

1. Lord, am I pursuing a **pure heart** like yours? Are my affections increasingly holy and toward you?
2. Lord, do I have a **good conscience** before You knowing you see my inner thoughts and attitudes toward others? Am I commendable to You in all my interpersonal relationships?
3. Lord, am I exercising a **sincere faith** by longing for Your commandments to be my daily food and pattern of living?

2. _____ He will _____ joy

Psalm 32:5 – and You forgave the iniquity of my sin