

Refreshing My Guilty Times Series

May 07, 2025

Scripture: Psalms 32:1-11

Summary: “Refreshing My Guilty Times” will examine Psalm 32:1-11 which explains how to experience the blessing of God’s forgiveness and the refreshment of His presence in times when guilt makes us feel like we’re no good.

Times Of Refreshing

Introduction

We’re in the book of Psalms looking for practical advice for getting “Times of Refreshing” for our souls. If ever we needed soul refreshment, it’s when guilt scorches our conscience.

Psalm 32 was written by King David after a 1-year battle with blazing guilt and offers four helpful steps for finding refreshment for our souls in guilty times.

In Psalm 32:1-11

There are four steps to experiencing refreshment in guilty times...

1. UNDERSTAND THE SOURCE (v1-2)

What is guilt?

****Harmful Guilt (CONDEMNATION): Psychological studies have shown that constant condemnation from false guilt can be counterproductive and rob a person from living effectively.**

DEVIL’S personalities: “The accuser of the brethren” who loves to remind God of the faults of His people.

He reminds us too...

“You’re no good.” “How could God ever forgive you for that!”

You don’t have to live under condemnation.

Genesis 2:17

15 And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it.

16 And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat:

17 But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die.

Condemnation says: RUN AWAY FROM GOD

****Helpful Guilt (CONVICTION):** The conviction of our conscience over things we have done, or about to do, that God says we shouldn’t. Guilt has its place, like pain, it is not pleasant but it is useful to indicate that something is wrong and needs to be fixed.

One psychologist describes guilt as the red light on our internal dashboard. When the red light glows, you have a choice to make. Pull over, get out of the car, open the hood and see what’s wrong; or you can smash the light with a hammer and keep driving. The first option leads to fixing the problem; it makes you aware of the broken water hose or the cracked radiator. The second option only relieves the symptoms, but leaves you stranded further down the road.

Cross out harmful guilt, (we’re going to focus on helpful guilt)

Conviction says: RUN TO GOD

Where is the source of guilt?

(v1-2) Four Terms That Reveal The Source of my Guilt:

1. Transgression: “to step out of bounds, cross the line.” The choice to take a step out of line, willful disobedience.

2. Sin: “to miss the mark of God’s perfection.” None of us is as good as God requires. He requires perfection and any person who is not as good as God is not acceptable to God.

3. Iniquity: “to incur guilt, be subject to punishment.” You can actually feel guilty because of your choices.

4. Deceit: “to practice falsehood or deception.” This is the disposition of heart (spirit) that disregards the truth.

All of us have stepped out of bounds, missed the mark of perfection, become guilty of sin and disregarded the truth at some point.

Reality of sin: The Bible says that we can miss God’s mark of perfection with our thoughts, words, or deeds. In commission (what we’ve done wrong) and omission (what we ought to have done right). Imagine if you’ve only sinned 10, no 5, no just 3x per day in thought, word and deed (commission and/or omission). You’d be a walking angel. But that’s 1,000 sins per year. Think of your age right now, multiply that by 1000. That’s a lot of sin. What would happen to an habitual offender in a criminal court with that kind of a record.

§ James 2:10 For whoever keeps the whole law and yet stumbles in one point, he has become guilty of all (NASB).

How many cracks in a window make a broken window? ONE.

You don’t have to break every law in the book to have the police looking for you, one violation makes one a lawbreaker.

Underline the words “one point” and circle “guilty.” If you’ve ever sinned – you’re guilty. One violation produces guilt.

WE FEEL GUILTY BECAUSE WE ARE GUILTY!

Bad news, but there’s good news ALL IN FAVOR OF GOOD NEWS

****God wants to bless me with forgiveness; The word “blessed” means “How Happy Many Times Over.”**

Forgiven people are the happiest people, contrasted with guilty people. God has provided...

1. Forgiveness for my transgressions (write it next to the word).

God wants to cancel the debt that my transgressions incurred.

2. Covering for my sin (write it next to the word).

God wants to cover my sin for me, to get it out of sight.

3. Removal of the charge of my guilt of my sin.

IMPUTE: is a banking term, to credit one's account.

God wants to credit my sin account with a big zero (clean slate)

4. A new spirit for my deceptive heart.

God wants to do a truth job deep in my heart of hearts (where guilt hides).

God want you to experience the happiness and refreshment of guilt free living. The debt of my transgressions cancelled, my sins put out of sight, my guilt removed and internal change of heart job. Do you want that? Then let's go to the next step!

First I have to understand the source of my guilt, then I must...

2. OWN THE CONSEQUENCES of my guilt (v3-5)

Why is that important?

There is always someone else to blame. No one is legitimately responsible anymore, everybody's a victim. This is the new rationalization over what the Bible calls sin. It is ironic that our society that celebrates and encourages sin, spends so much time, effort and energy to explain away the guilt that sin naturally produces. There are consequences to own for our actions...

****When I keep it to myself...I LOSE (v3-4)**

The background of David's guilt is found in 2 Samuel 11-12 when he broke 5 of the 10 commandments by sinning with Bathsheba.

David refused to deal with the guilt of his sin for over 1 year. What did he lose?

1. I suffer physically: “my body wasted away.” Studies show that people who regularly offload guilt and intense emotional energy are generally healthier than those who don’t. Blood pressure, blood sugar, digestive system and sleep patterns are more consistent.

2. I run down emotionally: “Groaning all day long” under the burden of keeping my sin to myself. We much release ourselves from the tormenting guilt.”

3. God’s hand is against me: “Day and night” he felt the weight of God’s hand upon him. He loves us too much to let us destroy ourselves in sin.

4. My life gets totally drained (v4): Like a tree drained of sap or the stifling heat of summer to live life under the weight of guilt.

SELAH (v4b): Stop and think about it. Body wasted away, groaning all day long, God’s hand heavy on you, strength drained away – what kind of benefits are these. **GUILT IS TOO COSTLY!!!** Some of us today are paying this price.

When I keep it to myself...I LOSE

God says, “True happiness comes from being truly forgiven”

When I keep it to myself...I LOSE but when...

****When I come clean before God...I WIN (v5)**

David chose to not keep it to himself any longer. He chose to come to God and acknowledge his sin. He confessed the whole mess to God. David came clean and got clean. He acknowledged, he uncovered, and he confessed.

David’s Result (v5): “You forgave the guilt of my sin” It carries the idea of a stain that is removed. No matter who you are or what you have done, you can have you sins forgiven and the stain and residue of guilt wiped away. David murdered, committed adultery, lied, stole, and coveted. When he came clean, he got clean. His guilt was removed!

SELAH (v5b): Reflect on this: no matter who you are or what you’ve done, or how guilty you feel, there is forgiveness available for you. You can be guilt free. What kind of benefits are these? Put the 2 Selah’s together.

Guilt had worn me out when I kept it to myself...

God wiped my sins out when I came clean before Him...

How can I get this into my life?

§ Colossians 2:13-14 ...God made you alive with Christ. He forgave all our sins. He canceled the debt, which listed all the rules we failed to follow. He took away that record with its rules and nailed it to the cross (NCV)

Book in hand: Let's say this book represents all the sin I'll ever commit in my life. This hand is me, with all my sins weighing me down and separating me from a Perfect God in heaven. This other hand represents Jesus on the cross. Our verse tell us that my sins, my debt, my wrongs were nailed to the cross. Jesus took all my sins upon Himself so that I might be separated from them, made alive in Him, and live guilt free.

There is a choice to make: Keep your sins to yourself and stay separated from God...and lose. Or embrace Jesus Christ as your substitute, the one who separates you from your sins by paying for them. Jesus did not come to rub your sins in, but to rub them out. The forgiveness Jesus died to give is ONCE FOR ALL, TOTAL, and complete. If you've never embraced Jesus as your Savior then, your sins are still yours. They can be transferred to Him by praying this prayer for once-for-all forgiveness of sin.

What God forgives, I can forget, but sometimes I remember my sins.

The next two points tell how to handle recurring waves of guilt.

3. CHOOSE THE LORD (v6-9)

What if I stumble or sin as a Christian? RUN TO GOD, NOT FROM GOD

Top three places people run with guilt:

1. Psychiatrist: when guilt strikes people want "professional help" but this profession boasts the highest suicide rate.

2. Bar: just a little booze and the sting of guilt is gone...for now.

3. Buddy: we want someone to be on our team.

If waves of guilt come your way, make these three choices!

****Pray (v6): If you want to go to a counselor, pray hard!**

“Therefore” since God’s specialty is forgiveness of sin.

If He can save you, He can sustain you (the godly go to God)

BUT DON’T WAIT: He may be found right now.

Meeting God in prayer is high ground, floods of guilt can’t touch you

****Stay (v7): Don’t drift from God if you stumble, (3 reasons)**

1. He hides me. God is a welcome hiding place (safe house)

2. He preserves me. Trouble is no trouble to God.

3. He delivers me. Surrounds me with songs!

We are so pumped about worshipping God because He has proven Himself faithful over and over and over again.

****Obey (v8-9): We don’t always know what to do, God wants to instruct us in His ways. The way we should go comes from God He says, “I got My eye on you – in a good way.” Don’t be a donkey!**

When you’ve stumbled, choose the Lord, and....

4. KEEP THE FAITH (v10-11)

****It all about trust (v10)**

Your relationship with God is not based on how good you’ve been. It is a relationship based on trust in a Faithful God.

“Lovingkindness” is God’s unconditional love for you, apart from your ability to earn or deserve it. God is trust worthy.

You'll never be able to experience any more than you trust God to do. SAY "I trust you God." Keep trusting God no matter what.

The Bible says we walk by faith, live by faith, stand by faith!

****It's a lifestyle (v11):**

Live your relationship! Be righteous, be upright in heart

Be glad in the Lord, shout for joy, why? Go to v1-2!

If you've embraced Christ for forgiveness – YOU'RE BLESSED!

Totally get fired up about God's forgiveness – rejoice!

He has made us righteous and upright before Him. Live it out!

Our guilt was real, our forgiveness is real, our praise should be real - loud!

If you can get fired up about a football game, and I do, then get fired up for God in your daily lifestyle!

Acts 3:19 Repent therefore, and turn to God so that your sins may be wiped out, so that times of refreshing may come from the presence of the Lord (NRSV)

If you've turned to God, asking Him to wipe out your sins because of Jesus. Then Times of Refreshing are coming your way.