

“Stand Tall Against the Fear of Skeletons in Your Closet”

Psalm 32

Pastor Steve Kufeldt — Hoodview Church of God



In the spring, at the time when kings go off to war, David sent Joab out with the king's men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem (2 Samuel 11:1 NIV).

In it he wrote, "Put Uriah out in front where the fighting is fiercest. Then withdraw from him so he will be struck down and die" (2 Samuel 11:15 NIV).

We all have "skeletons in the closet."

Lessons to learn:

1. You have no skeleton that will _____.

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 (Psalm 32:1–2 NIV).*

"As far as the east is from the west, so far has he removed our transgressions from us" (Psalm 103:12).

There are always _____ for the skeletons, but _____ from God is always possible!

2. The best way to overcome this fear is to "_____."

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. 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 (Psalm 32:3–5 NIV).*

The psalmist, remaining silent, was wasting away. But when he _____ his sin to God, forgiveness and freedom from guilt were his.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9 NIV).

3. You must be willing to learn to _____.

I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you (Psalm 32:8 NIV).

What shall we say, then? Shall we go on sinning so that grace may increase? ² By no means! We are those who have died to sin; how can we live in it any longer? ³ Or don't you know that all of us who were baptized into Christ Jesus were baptized into his death? ⁴ We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life (Romans 6:1-4 NIV).

4. Rejoice in the _____ God will give you.

Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart! (Psalm 32:11 NIV)
Restore to me the joy of your salvation and grant me a willing spirit, to sustain me (Psalm 51:12 NIV).

Steps to freedom from sin and guilt:

1. Be honest with _____ about the existence of a skeleton or two in your life.
2. Be honest with _____ about the sin and evil _____ have allowed in your life.
3. _____ of your sinful behavior.
4. _____!
5. As you have been forgiven, so _____!

REFLECTION/DISCUSSION QUESTIONS:

Read Psalm 19:12-14

- Does evil in your own heart sometimes surprise you?
- What would be a deliberate or willful sin (verse 13)?
- How might such a sin in time rule or control someone?
- If you regularly prayed David's prayer (verses 12-14), would the Lord hear this request as a sincere expression of your heart? Why or why not?

Read Psalm 51

- What are some specific requests David makes of God in this psalm?
- How many of these requests did God grant? Think of something God wasn't able to do in relationship to David's sin.
- How often do you find the concept of joy mentioned in this psalm? What had David's "skeletons in the closet" done to his joy?
- What does David say he will be able to do when he knows God has forgiven him?

Read 103

- When you think about God, what attribute or characteristic first comes to mind? God is ...
- List the attributes or qualities that David refers to in this psalm.
- What attribute does David seem to emphasize the most?
- What message does this psalm have for someone who is fearful about a "skeleton in the closet"?

Prayer of Confession

Use this sample prayer (confession) to acknowledge the "skeletons in your closet" and to experience anew God's mercy and forgiveness:

I am frightened because of needing to confess the sin of ...

Jesus, I am making this appeal for mercy to you because ...

My reasons for wanting to be forgiven are ...

Thank you for Scriptures that encourage me, like ...

What I believe your forgiveness can do for me is ...

Right now I receive your forgiveness and express my thanks in these words ...

In the future, to be a better friend to you, I want to ...

Amen.