



lessed is the man against whom  
the Lord counts no iniquity,  
and in whose spirit there is no deceit.

(PSALM 32:2)

## STRUCTURE

- v. 1-2** The blessing of the one who receives forgiveness.
- v. 3-4** The realization that not confessing sin will inflict damage on the soul.
- v. 5** David's confession of sin.
- v. 6-7** God is the refuge of the repentant sinner.
- v. 8** The instruction of the Lord.
- v. 9** Warning not to ignore the Lord's instruction.
- v. 10-11** The blessing for one who trusts in the Lord is joy and steadfast love.

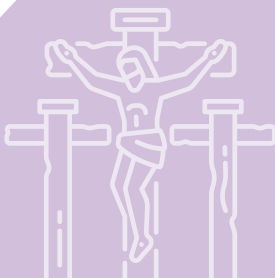
## AT A GLANCE

- "GODLY"** Elsewhere in Scripture, translated as "holy," "righteous" or "pious."
- "BIT AND BRIDLE"** The instruments used for guiding and controlling horses and mules.
- "UPRIGHT IN HEART"** A phrase used in Scripture to refer to those who do what is pleasing to God.



## CHRIST IS HERE

Christ is the One who forgives our transgression, covers our sin and counts our iniquity against Himself. Now is the day of His salvation (2 COR. 6:2).



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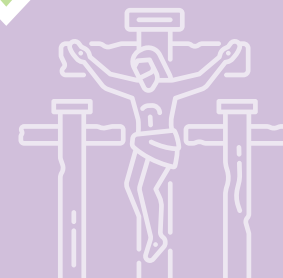
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**Solomon says in Ecclesiastes** that there is a time for everything, a time to keep silent and a time to speak (eccL. 3:7). There is a time to keep silent, but that time is not when a sinner is burdened with sin. David realizes that if he keeps silent with his sins, they will eat away at him from the inside out. He has no option but to confess. When sins are confessed, the truth is spoken at last. The heart is no longer full of deceit (v. 2), but it is the Lord who forgives sins and imputes His righteousness in their place. David encourages those who pray this psalm to also confess their sins. He calls on them to offer prayers of repentance to God and not to test His patience and postpone repentance. This God to whom we confess is the God of steadfast love. He will forgive all our transgressions, He will cover all our sin, and He will not count iniquity against us. He also surrounds us in His Church with the songs of His deliverance, that love may come from a clean and undivided conscience (1 TIM. 1:5).



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## USE IN THE CHURCH

**Antiphon:** v. 11a

**In the Daily Office:** Mondays at Matins;  
Matins for Confessors

**At the Divine Service:**

**One-Year:**

Psalm for Lent 1 (ant: v. 7) and Trinity 13  
(ant: v. 2)

**Three-Year:**

Introit for Epiphany 4B (ant: v. 10)  
Psalm for Lent 1A (ant: v. 7a), Lent 4C  
(ant: v. 11), Proper 6C (ant: v. 5) and  
Proper 18A (ant: v. 1)

**The Seven Penitential Psalms:** 6, 32, 38, 51,  
102, 130 and 143.

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### SPIRITUAL CARE

- In praise of God's forgiveness.
- To instruct sinners in the way (PSALM 25:8).
- Against pride and stubbornness.
- At Confession and Absolution.
- To help the spiritually weak.



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### PSALM

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