1 John 3:7-10

Psa. 51 is David’s dealing with sin

Psa. 32 is the lessons he learned as he dealt with his sin he committed with Bathsheba

1st – Physical side effects of unconfessed sin (vs. 3):

“My bones wasted away.” – Became old; felt warn out; Sins toll upon a body is hard and unforgiving.

“My groaning”. – Roaring; Distress cry.

James 5:15 “**If he has** (sinned)” – the possibility of sin being related to the sickness in your life.

2nd – Spiritual effects of your unconfessed sin. (vs. 4):

“Heavy – Burdensome; Severe; To grieve from the weight.

Psa. 66:16-20

“My strength was sapped” – Wilting like a plant in the desert.

“Selah” – To pause; To interrupt; To stop and meditate upon.

How do we deal with unconfessed sin? (vs. 5):

1st Acknowledge your sin to God.

2nd Be honest about your sin.

Psa. 51:1-2

“I will confess my transgressions” (vs. 5)

The result of David’s actions toward his sin:

* Blessed/happy (vs. 1-2)
* Forgiven by the LORD/relationship restored (vs. 5)
* Guilt free (vs. 5)