

<sup>1</sup> Blessed is the one whose transgression is forgiven, whose sin is covered. <sup>2</sup> Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. <sup>3</sup> For when I kept silent, my bones wasted away through my groaning all day long. <sup>4</sup> For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

*Selah*

<sup>5</sup> I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD", and you forgave the iniquity of my sin.

*Selah*

<sup>6</sup> Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. <sup>7</sup> You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance.

*Selah*

<sup>8</sup> I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

<sup>9</sup> Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.

<sup>10</sup> Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the LORD. <sup>11</sup> Be glad in the LORD, and rejoice, O righteous, and shout for joy, all you upright in heart!

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# Real Change

Psalm 32

## Introduction

- Never say sorry, it's a sign of weakness

## Repentance is recognition (v1-5)

## Repentance is rescue (v6-7)

## Repentance is responsiveness (v8-11)



**Friday, 3 Feb. 1:05-1.45pm**

Meet Sir Jeremy Cooke, a former Harlequins rugby player and now a High Court Judge. He has judged many high-profile cases, including the Pakistani match-fixing trial in which he condemned their behaviour as "not cricket". The Honourable Mr Justice Cooke is vice-chairman of the Lawyers' Christian Fellowship.

Next Week:  
Series: Get Real  
Talk: Real faith (Hebrews 11)  
Speaker: James Buchanan



After the talk today, there will be a short Q&A session, time permitting