

DAY 3 – The Joy of Forgiveness

Focus: Release from Hidden Sin

32 *Blessed is he whose transgression is forgiven, whose sin is covered.*

² *Blessed is the man unto whom the Lord imputeth not iniquity, and in whose spirit there is no guile.*

³ *When I kept silence, my bones waxed old through my roaring all the day long.*

⁴ *For day and night, thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.*

⁵ *I acknowledge my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin. Selah.*

⁶ *For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters, they shall not come nigh unto him.*

⁷ *Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.*

⁸ *I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.*

⁹ *Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee.*

¹⁰ *Many sorrows shall be to the wicked, but he that trusteth in the Lord, mercy shall compass him about.*

¹¹ *Be glad in the Lord, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.*

Psalm 32 opens with a powerful declaration: “Blessed is the one whose transgression is forgiven, whose sin is covered.” David teaches us that true blessing is not found in success, reputation, or comfort — it is found in forgiveness. There is a deep spiritual weight that comes from carrying hidden sin. Silence can suffocate the soul. In this psalm, David admits that when he kept quiet about his wrongdoing, his strength dried up and his joy disappeared. Unconfessed sin does not stay contained; it drains us internally.

But everything changes when confession begins. David says, “I acknowledged my sin to You... and You forgave the iniquity of my sin.” Notice how immediate grace is. God does not hesitate. He does not

humiliate. He forgives. Lent is a sacred season for releasing what we have been carrying privately — guilt, regret, hidden struggles, and secret burdens. What we conceal, God cannot heal. But what we confess, God restores. Freedom begins with honesty.

Psalm 32 also reminds us that forgiveness is not only release — it is restoration. God becomes our hiding place, our protection, our guide. When we stop hiding from God, we discover we can hide in God. For us today, this is the promise of Lent: hidden sin loses its power when brought into the light. Blessed is the one who is forgiven — not because they were perfect, but because they were honest. May we experience the joy of release and walk in the freedom of grace

Prayer: Gracious God, we confess what we have tried to hide. Forgive us for our sins, our silence, and our pride. Lift the burden of guilt and restore the joy of Your salvation. Teach us to walk in honesty and receive Your grace fully. Be our hiding place and our strength. Surround us with Your mercy and lead us in freedom. Amen.