

## HONESTY: THE BENEFITS OF A TRANSPARENT LIFE

Psalm 32:1-11

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The well-spring of honesty will yield a river of redemptive results.

**The POINT:** Honesty pays off.

1. Honesty brings the benefit of full F \_\_\_\_\_ - vv.1-2
  - *transgressions* are FORGIVEN
  - *sins* are COVERED
  - *iniquity* are NOT COUNTED
2. Honesty brings the benefit of decreased D \_\_\_\_\_ - v.2
3. Honesty brings the benefit of removed C \_\_\_\_\_ - vv.3-5
  - Physical deterioration
  - Emotional deterioration
  - Spiritual deterioration
4. Honesty brings the benefit of intimate C \_\_\_\_\_ - vv.8-9
5. Honesty is developed by A \_\_\_\_\_ & C \_\_\_\_\_ - v.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.*

**Response – being 'doers' of the Word (James 1:22):**  
Ask God to do His transforming work in you –

Scripture Text: Psalm 32:1-11 [New International Version]

- <sup>1</sup> Blessed is the one whose transgressions are forgiven,  
whose sins are covered.
- <sup>2</sup> Blessed is the one whose sin the LORD does not count against them  
and in whose spirit is no deceit.
- <sup>3</sup> 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 on me;  
my strength was sapped as in the heat of summer.
- <sup>5</sup> 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.
- <sup>6</sup> Therefore let all the faithful pray to you while you may be found;  
surely the rising of the mighty waters will not reach them.
- <sup>7</sup> You are my hiding place;  
you will protect me from trouble  
and surround me with songs of deliverance.
- <sup>8</sup> I will instruct you and teach you in the way you should go;  
I will counsel you with my loving eye on you.
- <sup>9</sup> Do not be like the horse or the mule,  
which have no understanding  
but must be controlled by bit and bridle  
or they will not come to you.
- <sup>10</sup> Many are the woes of the wicked,  
but the LORD's unfailing love  
surrounds the one who trusts in him.
- <sup>11</sup> Rejoice in the LORD and be glad, you righteous;  
sing, all you who are upright in heart!

For personal application: How and to whom do you most frequently lie?

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***From TRUTH through TRACTION to TRANSFORMATION:***

What did God say to you today?

What will you do about it?

With whom will you share this...and when?