

GUILT, GRACE, AND GRATITUDE  
GIVING THANKS FOR GOD'S FORGIVENESS  
PSALM 32:1-11



### The Heart of the Matter

A wandering mind drove King David to distraction and became more than he could bear. After his sordid sexual affair with Bathsheba, followed by her informing him that she was pregnant with David's child, his mindset only got worse. To cover up his sin, David ordered Bathsheba's husband—one of David's best warriors—placed at the frontlines of a battle—a premeditated murder on David's part. After the warrior's death, David married the newly widowed Bathsheba. Then he retreated into secrecy and silence. These actions resulted in his living a lie. But his multiple sins refused to stay silent. No struggle is more relentless than sin . . . especially unconfessed sin. Let's take a close look at David's response to his sin and gain some insight for our own lives about God's blessed gift of forgiveness.



### Discovering the Way

#### 1. A Little Context

David's sin with Bathsheba opened the way for guilt to come in and do its work on his soul. David's struggle with sin provides context to his search for forgiveness.

#### 2. From Guilt to Forgiveness (Psalm 32:1 – 11)

This psalm offers a portrait of a man wracked by the consequences of his sin. He reflects on the blessedness of forgiveness, the agony of guilt, the relief of confession, the prayer of protection, and the wisdom of instruction.



### Starting Your Journey

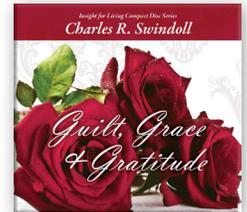
Are you running from God? Bridle yourself and return to Him. Are you overwhelmed by your sin? Come to terms with it. Are you watching someone drift away from God? Go to him or her today.



Original outline copyright © 2011 and Message Mate copyright © 2012 by Charles R. Swindoll, Inc.  
All rights are reserved worldwide. Duplication of copyrighted material for commercial use is strictly prohibited.  
*Committed to Excellence in Communicating Biblical Truth and Its Application*



### Tools for Digging Deeper



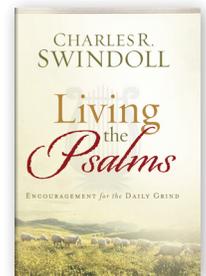
#### Guilt, Grace, and Gratitude

by Charles R. Swindoll  
CD mini-series of 2 CDs



#### Finding Healing through Forgiveness

by Charles R. Swindoll  
CD set of 2 CDs



#### Living the Psalms

by Charles R. Swindoll  
hardcover book

For related resources, please call  
USA 1-800-772-8888  
AUSTRALIA 1300 467 444  
CANADA 1-800-663-7639  
UK 0800 787 9364  
or visit [www.insight.org](http://www.insight.org)  
or [www.insightworld.org](http://www.insightworld.org)

GUILT, GRACE, AND GRATITUDE  
GIVING THANKS FOR GOD'S GRACE  
GALATIANS 1:6-10; 5:1, 13-15



### The Heart of the Matter

We give thanks to God for so many things: His provision, His forgiveness, His creation. But bubbling underneath all these wonderful gifts of God is the gentle flow of His grace. Christians since the first century have been tempted to trade grace for a life directed by strict law and high-minded requirement. The apostle Paul addressed the Galatian church on this very issue, warning them against trading God's gospel for a different, human-made gospel. As we hear the word to the Galatians, keeping our message grounded in grace will help our lives exude grace.



### Discovering the Way

#### 1. The Precursor to Forgiveness

Solid relationships—with God and with others—are built on a foundation of forgiveness. But before there can be forgiveness, there must be grace.

#### 2. A Case Study on Grace: The Galatian Church (Galatians 1:6-10; 5:1, 13-15)

The Galatians had traded in God's gospel of grace for a gospel of laws and requirements. Paul reminded them that to turn from the gospel of grace is to turn from the God of grace.



### Starting Your Journey

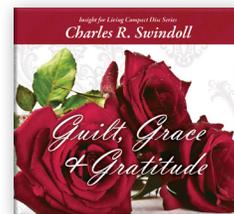
Two principles will help us truly live as people thankful for grace: always remember that grace is ours to enjoy—we're free. And always remember that others are ours to love—we're family.



Original outline copyright © 2011 and Message Mate copyright © 2012 by Charles R. Swindoll, Inc.  
All rights are reserved worldwide. Duplication of copyrighted material for commercial use is strictly prohibited.  
*Committed to Excellence in Communicating Biblical Truth and Its Application*



### Tools for Digging Deeper



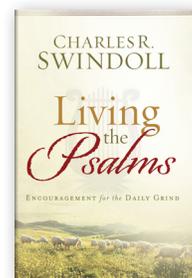
#### Guilt, Grace, and Gratitude

by Charles R. Swindoll  
CD mini-series of 2 CDs



#### Finding Healing through Forgiveness

by Charles R. Swindoll  
CD set of 2 CDs



#### Living the Psalms

by Charles R. Swindoll  
hardcover book

For related resources, please call  
USA 1-800-772-8888  
AUSTRALIA 1300 467 444  
CANADA 1-800-663-7639  
UK 0800 787 9364  
or visit [www.insight.org](http://www.insight.org)  
or [www.insightworld.org](http://www.insightworld.org)