

**RESTORE**  
**BEING REAL**  
Wednesday, May 6  
Reading: Psalm 32

***Psalm 32:3** When I kept silent, my bones wasted away through my groaning all day long. **4** For day and night Your hand was heavy on me; my strength was sapped as in the heat of summer. **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.*

“What God wants, true spirituality, is not about being right; it’s about being real...It’s about allowing God and others to be present with me in my messiness, my brokenness, my fears, and my failures.”<sup>1</sup> One reason we have so much trouble conquering our hurts, habits, and hang ups is because we try to hide them. We try to cover them up.

King David had a lust problem (see 2 Samuel 11). He saw Bathsheba bathing on her rooftop and wanted her. He didn’t care that he was married (to several women I might add) or that she was already married to a soldier fighting in his army. He sent for her and slept with her. When he found out she was pregnant, he tried several ways to hide his sin. He called her husband back from the front in hopes that everyone would think the baby was his. When that didn’t work, he arranged for her husband to be killed in battle and then married his widow. All this in an attempt to cover up his sinful choices. For 9 months he hid his sin from everyone. But God always knows! He sent the prophet Nathan to confront the king. This brought David to repentance (2 Samuel 12). His prayer of repentance is in Psalm 51.

In Psalm 32, David describes this period in his life. When he tried to hide his sin, guilt ate him up inside. When he finally confessed his sin “and did not cover up [his] iniquity” God brought forgiveness and restoration. Instead of David hiding, God was once again David’s “hiding place” for protection and he once again could sing “songs of deliverance” (32:7). He was once again being taught by God how to live and felt God’s “loving eye” on him (32:8, 10). He could rejoice in the Lord and encourage others to rejoice as well (32:11).

Like David, when we try to hide our sins and problems, we are eaten up with guilt. The conviction of the Holy Spirit will not let us get away with it! We cannot hide from God. He loves us too much for that. “God loves us not for who we should be but for who we are. Though we are far from perfect, He loves us with a perfect love.”<sup>2</sup> And His perfect love will give us victory and help us grow to be more like Christ.

Human nature is to hide our faults and problems from others. We walk around like we don’t have a care in the world when really we are hurting and struggling inside. James instructs us to “confess your sins to each other and pray for each other” (James 5:16). When we hide our sin from others, we allow the destructive power of sin to have more control over us. We all need that special group (or individual) who we know we can confide in. Believers who have your best interests at heart and will not gossip or condemn but will love and pray with you. We need to be real with each other!

What are some ‘defense mechanisms’ you use to hide your problems?  
Who are the people in your life that you can turn to for help and prayer?

<sup>1</sup> Vince Antonucci, *Restore*, p. 35

<sup>2</sup> Antonucci, p. 31