

Quiet Moments with God

Allow these Quiet Moments to draw you into a time of rest and reflection with the Lord. Open your heart. Listen and talk to God.

Psalm 32

*Quietly and prayerfully read these two versions of Psalm 32. God does want to speak to you. What aspect moves you today?

Psalm 32 NLT

Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!
Yes, what joy for those
whose record the LORD has cleared of guilt,
whose lives are lived in complete honesty!
When I refused to confess my sin,
my body wasted away,
and I groaned all day long.
Day and night your hand of discipline was heavy
on me. My strength evaporated like water in the
summer heat.
Finally, I confessed all my sins to you and
stopped trying to hide my guilt. I said to myself,
"I will confess my rebellion to the LORD."
And you forgave me! All my guilt is gone.
Therefore, let all the godly pray to you while
there is still time, that they may not drown in
the floodwaters of judgment.
For you are my hiding place; you protect me from
trouble. You surround me with songs of victory.
The LORD says, "I will guide you along the best
pathway for your life. I will advise you and watch
over you. Do not be like a senseless horse or
mule that needs a bit and bridle to keep it under
control."
Many sorrows come to the wicked, but unfailing
love surrounds those who trust the LORD.
So rejoice in the LORD and be glad, all you who
obey him! Shout for joy, all you whose hearts are
pure!

Psalm 32 Living Bible

What happiness for those whose guilt has
been forgiven! What joys when sins are
covered over! What relief for those who have
confessed their sins and God has cleared
their record. There was a time when I
wouldn't admit what a sinner I was. But my
dishonesty made me miserable and filled my
days with frustration.
All day and all night your hand was heavy on
me. My strength evaporated like water on a
sunny day until I finally admitted all my sins
to you and stopped trying to hide them. I said
to myself, "I will confess them to the Lord."
And you forgave me! All my guilt is gone.
Now I say that each believer should confess
his sins to God when he is aware of them,
while there is time to be forgiven. Judgment
will not touch him if he does.
You are my hiding place from every storm of
life; you even keep me from getting into
trouble! You surround me with songs of
victory. I will instruct you (says the Lord)
and guide you along the best pathway for your
life; I will advise you and watch your progress.
Don't be like a senseless horse or mule that
has to have a bit in its mouth to keep it in
line!
Many sorrows come to the wicked, but abiding
love surrounds those who trust in the
Lord. ¹¹ So rejoice in him, all those who are
his, and shout for joy, all those who try to
obey him.

[Song: I Stretched out my Hands. Fernando Ortega](#) (Click to open link) (Lyrics on pages 2)

What happiness for those whose guilt has been forgiven! What joys
when sins are covered over! What relief for those
who have confessed their sins and God has cleared their record.

Psalm 32:1-2

I Stretched Out My Hands (ODE 37)

Fernando Ortega

I stretched out my hands to my Lord:
and to my God I raised my voice:
And I prayed with the voice of my heart;
and He heard my cry He heard my cry He heard my cry
Lord have mercy on me for I am a sinner
Lord have mercy on me for I am a sinner
I stretched out my hands to my Lord:
and to my God I raised my voice:
And I prayed with the voice of my heart;
and He heard my cry, He heard my cry, He heard my cry
Allelu, Alleluia, Allelu, Alleluia Allelu, Alleluia Alleluia
His Word came to me with His answer; with His answer His Word came to me
He gave rest for the weary by the grace of the Lord.
He gave rest for the weary by the grace of the Lord
Hallelujah

©Schreiner/The Odes Project