



Psalm 32:1–7

¹Blessèd is the one whose transgression is for- | given,*
whose sin is | covered.

²Blessèd is the man against whom the Lord counts no in- | iquity,*
and in whose spirit there is | no deceit.

³For when I kept silent, my bones wast- | ed away*
through my groaning | all day long.

⁴For day and night your hand was heavy up- | on me;*
my strength was dried up as by the heat of | summer.

⁵I acknowledged my sin to you, and I did not cover my in- | iquity;*
I said, “I will confess my transgressions to the Lord,”
and you forgave the iniquity | of my sin.

⁶Therefore let everyone who is godly offer prayer to you at a time
when you | may be found;*
surely in the rush of great waters, they shall not | reach him.

⁷You are a hiding place for me; you preserve me from | trouble;*
you surround me with shouts of de- | liverance.