



Psalm 32

- 1 Blessed is the one whose transgression is for- | given,*
whose sin is | covered.
- 2 Blessed is the man against whom the Lord counts no in- | iquity,*
and in whose spirit there is | no deceit.
- 3 For when I kept silent, my bones wast- | ed away*
through my groaning | all day long.
- 4 For day and night your hand was heavy up- | on me;*
my strength was dried up as by the heat of | summer.
- 5 I 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.
- 6 Therefore 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.
- 7 You are a hiding place for me;
you preserve me from | trouble,*
you surround me with shouts of de- | liverance.
- 8 I will instruct you and teach you in the way | you should go;*
I will counsel you with my eye up- | on you.
- 9 Be not like a horse or a mule, without under- | standing,*
which must be curbed with bit and bridle,
or it will not stay | near you.
- 10 Many are the sorrows of the | wicked,*
but steadfast love surrounds the one who trusts | in the Lord.
- 11 Be glad in the Lord, and rejoice, O | righteous,*
and shout for joy, all you up- | right in heart!