

PSALM 32

¹ *A Psalm of instruction by David.* Blessed *are they* whose transgressions are forgiven, and who sins are covered.

² Blessed is the man to whom the Lord will not impute sin, and in whose mouth there is no guile.

³ Because I kept silence, my bones waxed old, from my crying all the day.

⁴ For day and night Your hand was heavy upon me; I became thoroughly miserable while a thorn was fastened in *me*. Selah.

⁵ I acknowledged my sin, and hid not my iniquity; I said, I will confess my iniquity to the Lord; and You forgave the ungodliness of my heart. Selah.

⁶ Therefore shall every holy one pray to You in a fit time; only in the deluge of many waters they shall not come near to Him.

⁷ You are my refuge from the affliction that encompasses me; my joy, to deliver me from them that have compassed me. Selah.

⁸ I will instruct you and guide you in the way you should go; I will fix My eyes upon you.

⁹ Be not as the horse and mule, which have no understanding; *but you must* constrain their jaws with bit and bridle, lest they should come near to you.

¹⁰ Many are the scourges of the sinner; but he that hopes in the Lord, mercy shall surround him.

¹¹ Be glad in the Lord, and exalt, you righteous; and shout for joy, all you that are upright in heart!