

Part 3 – Joy from an Upright Heart and Trusting in the Lord

In part 2 we learned that when we have unrepentant sin in our soul, our conscience will trouble us very much, even to the point we feel tormented spiritually. David had this experience in his life as well; and explained that, because of his inner turmoil (from not confessing his sins in sincere repentance) he felt as though his flesh was waxing older and his vigor was leaving him. Indeed, when we don't have peace of mind, that will have a negative impact on our physical health. But, what we also learned in the last study was how to remedy this problem. And that is simply to acknowledge our sins (breaking God's Laws) to our Heavenly Father in prayer (in the name *and* faith of Jesus Christ) and confess that we've transgressed (rebelled) against Him. When we are open and honest with (not only our own self but also) our Heavenly Father – and are *sincerely* sorry – then our Heavenly Father will forgive us. However, this is not the end of repentance. For true repentance also requires that we are willing to be chastised for our sins, which God always does in a way that is spiritually cleansing for us. Which brings us to another important point. In order for us to have our iniquity (corrupted spirit) cleansed, we must seek God's Word (the truth) with all our heart and mind. This takes time and requires us to diligently, consistently and sincerely study His Word *each day*, and think about it (mediated on it) throughout the day, so we *really absorb* it into our heart and mind. True repentance therefore must bring about a real change (for the better) in our life. It must change the way we think (our mind), what we desire (our heart) and how we live our life. And this change must continue our *entire life* as we consistently go to our Heavenly Father's Word to study, and learn of Him, so we can learn *to be like Him* (righteous). Studying His Word consistently and sincerely also helps us to remember His many promises, so we can do our part to 'claim they' *by obeying His Word*.

David also pointed out that those who are godly will acknowledge and confess their sins when they have their conscience tormenting them, *because* they truly do not want to live that way all their life. For the only way to have peace of mind, and heart, is to have peace with our Creator. And the only way to do that is to sincerely repent when we are made aware of our sins, and then work to change them, from the inside (our heart and mind) out (or words and deeds). We also saw David point out that, when we do repent sincerely, and then study His Word and strive to obey it sincerely, then the 'floods of waters' won't come near to us. This means the floods of lies that are poured out upon us, from the wicked, won't penetrate our soul, because truth *always deflects lies*, just as a shield and buckler deflects arrows and swords. And we learned, this will be especially important during the 'great tribulation' when Satan (and his fallen angels) are on earth pretending to be God and his 'angels' who have come to 'save' the world from all our troubles. Because Satan will be pretending to be the 'Savior' - in an attempt to get all of God's children to apostatize from the *true* Jesus Christ (rebel against), *and worship him* instead – we must be diligent put on the Gospel armor (Eph 6) and *continue* to clean our soul with God's Word, and allow His Holy Spirit to help us put off the 'old man' (our carnal mind) and put on the 'new man' (the 'mind of Christ') *so we are not spiritually seducible*. For, the only thing that can protect us from deception is for us to cleave to our Heavenly Father (through faith in Jesus Christ, the Word of God) so we're not deceived by the father of lies (Satan), nor any of his servants (including the

fallen angels). And we'll continue to learn of how we can find safety from spiritual deception in this great 'Maschil' Psalm of instruction and understanding...

Psalm 32

7 Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah.

So, after David had spoken about how the great 'flood waters' (of lies) won't come nigh to (touch) those who have sincerely repented (and continue to do so as they see their sins), we're now told that our Heavenly Father **is** our 'hiding place'. The words '**hiding place**' are the Hebrew word *cether* (#5643), which means **a cover** and it comes from the prime root *cathar* (#5641) which means **to hide (by covering)**. And this isn't a new word in the Psalms. We learned of this back in Ps 27:5, when David wrote that: *in the time of trouble he shall hide me in his pavilion: in the **secret** of his tabernacle shall he **hide** me; he shall set me up upon a rock*. The word 'secret' here is #5643 and the word 'hide' is #5641. And, in the last chapter (Ps 31:20), David wrote: *Thou shalt **hide** them in the **secret** of thy presence from the pride of man: thou shalt keep them secretly in a pavilion from the strife of tongues*. The word 'hide' here is #5641 and 'secret' is #5643. And, in Ps 91:1 we're also told that *he that dwelleth in the **secret** place of the most High shall abide under the shadow of the Almighty*. The word 'secret' here is also #5643.

Indeed, David spoke a lot about the 'secret place' (or secret pavilion) that the Lord 'hides' (covers) those who have turned back to Him (stopped rebelling) and are striving to learn of Him *and* to obey Him, sincerely - with **all** their heart, mind, soul and strength (Dt 4:29). As such, we should remember that this 'secret hiding place' *is within our own soul*. It is the **trust** we have in Him – in His Word, His plan of Salvation and the Savior He sent us, who is Jesus Christ. When we trust in our Heavenly Father – and believe in His Son, Jesus Christ – we are indeed 'hidden' because ***we're covered by the blood of Jesus Christ*** that both atones for, *and cleanses us from*, our sins (breaking God's Laws), our transgressions (rebellion against God) and our iniquity (our evil, perverse, crooked spirit). ***So having faith in, and trusting in, the Lord (YHWH) is of utmost importance, because it IS the 'secret hiding place' we spiritually flee to when times get hard***. And that's why David is saying this right after explaining how he finally came to a good repentance. David knew that the only way we can escape from Satan's deception (lies that deceive us into sinning) is to trust in God's Word with every fabric of our inner most being – i.e. with all our heart (desires, emotions, etc.), mind (though process), soul (essence of who we are) and strength (will power).

This is why Ps 119:114 also says: *Thou art my hiding place and my shield: **I hope in thy word***. The Psalmist of 119 (likely king Hezekiah) well understood that hoping in (as well as trusting and believing in) God's Word is what protects us *spiritually* from all evil, even the seducing lies of Satan and his followers. As Heb 3:13 tells us, sin is deceitful and it's therefore what causes us to harden our heart against the truth. When we believe in lies, *we reject the truth* because we simply don't understand how sin harms us. Romans 6 speaks of this too when it explains (like Jesus did in Mth 6:24) we can only serve two things: God (righteousness, which is the truth,

which is the Light, i.e. Jesus Christ) or Satan (unrighteousness, lies which is darkness, i.e. our carnal mind that lusts to sin). So, *if we serve our carnal desires, we are truly serving Satan*. But, if we learn to control our carnal desires, and refuse to sin (the best we sincerely can), then we are serving Jesus Christ by learning to do what's right *despite* how we 'feel'. But, studying God's Word and absorbing it into your soul will also *help change your heart* so that you *don't want to sin anymore*. Thus, as we grow spiritually mature, we will not only *learn how* to do what's right but we'll also deeply *desire* to do what's right... which is what will help us to actually *do* what is right. Paul explains this rather well also in Col 3:1-10. So, when we learn to keep our mind on our Heavenly Father - by learning, trusting and staying focused on His Word - we will always have peace of mind, which Isa 26:3-4 explains extremely well.

Now, after David writes that the Lord (YHVH) is our hiding place, he goes on to explain that He will 'preserve' us from 'trouble'. The word '**preserve**' here means *to guard* (#5341) and the word '**trouble**' means a *narrow*, or *tight place*, which is *figurative for trouble*. It can even mean *an opponent who is crowing you* (#6862). And this is important because the Lord (YHVH) Himself will guard us from anyone who is 'crowing' you into a 'narrow' or 'tight place'. There are many times in life that people of the world try and coerce us into doing things that are wrong (i.e. against God's Laws). We use the term 'between a rock and a hard place' to explain this today. For just one (of many) example: when your job is threatened if you don't cave to things like political correctness and 'woke' ideology, that's 'crowing' you into a 'narrow place'. But, the Lord will preserve (guard) us through it *if* we remain loyal to Him. And while we might lose our job for refusing to do what is wrong, it will be *for our betterment* because that's probably not a good place to work at, even if you were making a lot of money. Peace of mind is much better than being rich anyhow (1 Tim 6:6-11). But, there are many other ways that our opponents (those who are not true Christians) attack us, trying to shake our faith in Jesus Christ and get us to sin against God's Word; even trying to get us to rebel totally against Him (apostatize). Of course, this will only get worse and worse, as Paul warns...

12 Yea, and all that will live godly in Christ Jesus shall suffer persecution.

13 But evil men and seducers shall wax worse and worse, deceiving, and being deceived.

14 But continue thou in the things which thou hast learned and hast been assured of, knowing of whom thou hast learned them;

2 Tim 3:12-14

So, despite the troubles that surely will come our way (if we remain faithful to Jesus Christ) the Lord will continue to be our 'hiding place' (giving us peace of mind and strengthening our heart) if we continue to trust (and obey) Him. That's why David goes on to say that the Lord (YHVH) will 'compass' us about with 'songs' of 'deliverance'. The word '**compass**' here means *to revolve, surround, or border* (#5437) and the word '**songs**' actually means *a shout of deliverance* (#7438) while the word '**deliverance**' means '*escape*' (#6405), which comes from a prime root that means *to slip out*, i.e. *escape*, or *to deliver*. This should remind you of something Paul wrote to the Corinthians...

12 Wherefore let him that thinketh he standeth take heed lest he fall.

13 There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape (#1545, to exit), that ye may be able to bear it.

1 Cor 10:12-13

The word ‘bear’ here means, figuratively, to *undergo hardship* (#5297). So, no matter what comes our way, our Heavenly Father will give us a way that we can handle the hardship. He’ll always give us the strength, and understanding, we need to make it through the ‘hard times’, no matter how hard they get. We are, after all, His Servants and He therefore will always give us what we need to serve Him. That is, of course, if we’re actually truly serving Him. And we cannot serve Him if we don’t trust in, and understand His Word, let alone if we don’t actually honestly strive to obey His Word. Now, the end of this verse has another ‘selah’. And that means we’re supposed to stop and think about ‘what has been said’ so we can understand how it relates to ‘what is about to be said’ in the next verse. So, this ‘selah’ is connecting the worship and praise this verse speaks of (i.e. praising God for giving us a ‘hiding place’ of peace in our soul when we trust in Him, which helps us through all troubles) with the further instruction and guidance we’re about to receive from the Lord (YHVH) Himself, for (as the outline of this chapter in the *Companion Bible* points out), ***He is about to speak*** in response to the first part of David’ prayer in this chapter...

Psalm 32

8 I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.

As we’ve learned, Ps 16:6 tells us that iniquity (an evil, perverse, corrupt spirit) is purged (cleansed) by mercy and truth. In the early part of this chapter we’ve already learned that God gives us mercy (which is *not giving* us the punishment we deserve, but a lesser sentence via chastisement) when we sincerely repent; and now we’re learning how the Lord (YHVH) gives us the truth that we need to be spiritually cleansed. So, our Heavenly Father tells us that He will instruct and teach us in ‘the way’ which we should go. To ‘**instruct**’ means *to be*, or **make**, ***circumspect*** (meaning, careful to consider all circumstances and possible consequences). Hence it also means *to be*, **or make**, ***intelligent*** (which is the ability to learn or understand, or to deal with new or trying situations so that one is able to have judgment or sound thought). And, *circumspect* can also mean prudence, which is the ability to govern and discipline oneself by the use of reason as well as *caution as to danger or risk*. So, clearly, our Heavenly Father (who is ‘speaking’ in this verse) is telling us that He will help us understand how to avoid all the traps, snares and nets that the enemy ‘throws’ at us... which are ever increasing in our lifetime, by design of course. It’s a lot easier for lies and propaganda to be effective when means of communication are nearly instant, thanks to technology. However, the same technology that allows lies to be spread can allow the truth to be spread, if it’s not suppressed. So, technology is not the problem, it’s those who believe (and spread) the lies that are. That’s why we must

diligently guard our heart and mind against deception (Deut 4:9,23, 11:16, 12:30, Mth 24:4-5, 23-27, Mk 13:5-6, 21-22, Lk 21:34-36).

Now, the word ‘**teach**’ here means (interestingly and importantly) **to flow as water** (i.e. **to rain**); transitively, **to lay** or **throw** (especially an arrow, i.e. to shoot); figuratively, **to point out** (as if by aiming the finger), **to teach** (#3384). The fact that ‘teach’ here can mean ‘to flow as water’ (i.e. to rain) should remind you of the ‘song of Moses’, where God said...

1 Give ear, O ye heavens, and I will speak; and hear, O earth, the words of my mouth.

*2 **My doctrine shall drop as the rain**, my speech shall distil as the dew, as the small rain upon the tender herb, and as the showers upon the grass:*

*3 **Because I will publish the name of the LORD**: ascribe ye greatness unto our God.*

4 He is the Rock, his work is perfect: for all his ways are judgment: a God of truth and without iniquity, just and right is he.

Deut 32:1-4

When God teaches us, He indeed ‘rains’ truth upon us. And notice how verse 4 explains some vital characteristics of our Heavenly Father. Indeed, He is a God of truth, *without* iniquity (#5766 morally evil) because *all* His Word, and ways, are perfect and righteous. And He promises to teach us to be like He is too (i.e. righteous), **if** we are ‘willing and obedient’ (Isa 1:19) to His Voice, which is His Word and Holy Spirit. In Deut 4:1, Moses told Israel that God gave them His Laws so that they could *live* and be able to possess the Promise Land. A couple chapters later, He told them how important it was for His Laws to be in their heart (Deut 6:6) - so they would *willingly* do them. And in verse 7 Moses admonished the people to teach God’s Laws to their children, so they too could learn to love and obey the Lord and reap the blessings that come from doing so. So, we not only have a duty to learn from our Heavenly Father (for He will instruct and teach us when we are *willing* to learn and obey) but we also have a duty to teach others how to obey Him (if only through our ‘good example’), and this especially applies to our children. Of course, our Lord and Savior had much to say about ‘teaching’ as well. Consider what He said in the great sermon on the Mount...

16 Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

17 Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.

18 For verily I say unto you, Till heaven and earth pass, one jot or one tittle shall in no wise pass from the law, till all be fulfilled.

19 Whosoever therefore shall break one of these least commandments, and shall teach men so, he shall be called the least in the kingdom of heaven: but whosoever shall do and teach them, the same shall be called great in the kingdom of heaven.

20 For I say unto you, That except your righteousness shall exceed the righteousness of the scribes and Pharisees, ye shall in no case enter into the kingdom of heaven.

Matt 5:16-20

We shine the Light of Jesus Christ (the truth) when we obey the Word of God. Simply doing what's right really does 'shed light' to others; because giving an example to people, through your obedience to God, truly does teach them. And that's why Jesus went on to say that those who **do** God's commandments *and teach* others to do so as well (even if only by shedding the light through our good works) will be those who are considered 'great' in the Kingdom of heaven. However, those who break God's laws (even the smallest of them) and teach others to break them as well, are considered 'least' in the Kingdom of heaven... that's because they won't be allowed to govern when Jesus Christ returns! So, *allowing the Lord (YHVH) to teach and instruct us is a vital part of worshiping Him, as is 'teaching' others.*

But, to reiterate, this doesn't mean you have to be a teacher, preacher, pastor, priest, etc. You can teach others simply by setting forth a good example in your everyday life, and planting seeds of truth whenever the opportunity arises. As Col 4:5-6 advises us: *Walk in wisdom toward them that are without, redeeming the time. Let your speech be always with grace, seasoned with salt, that ye may know how ye ought to answer every man.* When we study the Word of God, and learn how to listen to the Holy Spirit (who teaches us also, John 14:25-27) then we'll learn to take the opportunities (redeem the time) to plant seeds of truth. Adding 'salt' to our conversation simply means to *add truth to it*. And you don't have to dump the entire 'salt shaker' on the conversation. Just 'sprinkling' some into the conversation is enough to 'change the flavor' so that people have the opportunity to stop (if only for a moment) thinking in the flesh (with their carnal mind) so they might just learn to 'think a little deeper' than they normally do. Rest assured that the Holy Spirit knows how to use that 'salt' you 'sprinkle' in the minds of His children to help them come to Him, *when they are ready.*

That said, we should also keep in mind that it's important to learn to allow our Heavenly Father to teach us now. Because if we don't, we won't be able to allow His Holy Spirit to speak to – or through - us when the true 'times of trouble' come. In Luke 12:11-12, Jesus told us: *when they bring you unto the synagogues, and unto magistrates, and powers, take ye no thought how or what thing ye shall answer, or what ye shall say: For the Holy Ghost shall teach you in the same hour what ye ought to say.* Now, *the Holy Spirit won't use anyone who doesn't already know how to listen and obey Him already.* So, if we want to be of use to our Heavenly Father when Satan is on earth (and we should want to if we're really His servants) then we've got to learn to listen, and obey, both His written Word and His Holy Spirit now. To learn more about how to hear, and obey, the Holy Spirit, check out: **Hearing God** [<https://t.me/BibleStudyAudios/39>].

And then, of course, *'the way' we are to go* (that the Lord guides us in) *is 'the way' that the Word of God teaches us to live.* As Jesus Christ said in John 14:6: ***I am the way, the truth, and the life: no man cometh unto the Father, but by me.*** Jesus Christ is 'the [only] way' to eternal life *because He teaches us truth.* And, as John 1 says, Jesus Christ is the Living Word. His entire life teaches us how to do what's right, and refrain from doing what's wrong; and His Holy Spirit will teach and instruct us in 'the way' to eternal life, *by teaching us how to be righteous*, i.e. how to do what's right no matter what situation we're in. That's why the word '**way**' means *a road* (as

trodden); figuratively, **a course of life or mode of action**, (#1870). As Ps 119:105 says, *Thy word is a lamp unto my feet, and a light unto my path*. God's Word teaches us in 'the way' of righteousness by giving us truth so we can live eternally with Him. Know of a surety, there will be **no** wicked people in eternity. And, our Heavenly Father has not been secretive with His truth. He gives it to whomsoever comes to Him humbly seeking instruction and teaching. As He said in Isa 45:19: *I have not spoken in secret, in a dark place of the earth: I said not unto the seed of Jacob, Seek ye me in vain: I the LORD speak righteousness, **I declare things that are right***. Remember, our God (YHVH) is the [only] God of truth (Deut 32:4). All His ways, and works, are righteous (Ps 145:17). So, if we want eternal life, we must learn to be like Him. And He will gladly teach, and instruct us, how to be righteous, because *He truly wants us to live with Him forever*.

In Isa 30:21, the Lord even spoke of how the Holy Spirit would help us understand how to obey His Word when it says: *and thine ears shall hear a word behind thee, saying, **This is the way, walk ye in it**, when ye turn to the right hand, and when ye turn to the left*. That's what the Holy Spirit does for us. When we begin to stray (i.e. turn to the right, or to the left, of the straight road we're to be walking on) He teaches us, instructs us and reminds us what the 'correct' path to follow in life is – that is, **if** we are willing to listen, and obey, Him. That's why, in verse 8 here in Ps 32, the Lord (YHVH) goes on to 'say' that He will guide us with His 'eye'. This is a figure of speech that simply means He'll keep an 'eye' on us (Ps 11) and teach us how to do what's right. Paul uses a similar figure of speech in his letter to the Ephesians...

15 *Wherefore I also, after I heard of your faith in the Lord Jesus, and love unto all the saints,*
 16 *Cease not to give thanks for you, making mention of you in my prayers;*
 17 ***That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him:***
 18 ***The eyes of your understanding being enlightened; that ye may know*** *what is the hope of his calling, and what the riches of the glory of his inheritance in the saints,*
 19 *And **what is the exceeding greatness of his power to usward who believe**, according to the working of his mighty power,*
 20 *Which he wrought in Christ, when he raised him from the dead, and set him at his own right hand in the heavenly places,*
 21 *Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world, but also in that which is to come:*
 22 *And hath put all things under his feet, and gave him to be the head over all things to the church,*
 23 *Which is his body, the fulness of him that filleth all in all.*
 Eph 1:15-23

The Lord 'enlightens' our 'eyes of understanding' when His Holy Spirit opens our mind to the truth that is written in His Word. But, a vital point to understanding is that we must *study* His Word to be 'taught' and 'instructed' by the Lord, for ***His Word (Jesus Christ is the Word) is the main method of communication He has given us in these last days*** (Heb 1:1-2). So, if we don't

study His Word (as we're commanded to do in 2 Tim 2:15) then we are refusing His instructions and teachings. So, we've got to do 'our part' **if** we want the 'latter rain' of His instructions and teachings (Joel 2:23, Zech 10:1). And this is important, because without the latter rain (of truth) to mature us into strong Christians, we won't be able to make it through the 'time of trouble' which is soon to come. Of course, this is the 'time' when Satan and his fallen angels are on earth *pretending* to be the 'Savior' and his angles who will 'save us' from all our troubles. If we don't have enough truth, and the internal strength, to refuse to worship (and participate in) Satan and his wicked 'beast' (governing) system... then we **will** cave to peer pressure and worship Satan and his beast system. And doing so is what makes us spiritually unfit to spiritually 'marry' Jesus Christ - because worshipping other gods and idols *is what causes us **not** be spiritually 'virgins'* when the true Jesus Christ returns. To spiritually 'marry' Jesus Christ simply means being given eternal life (make the first resurrection) and allowed to reign with Him in the kingdom of Heaven (Rev 20:4-6). And no one who worships Satan (and his beast system) will be given this privilege because *they are not spiritual 'virgins'* – and, to reiterate, this is because they've worshiped Satan (false god) and his 'beast' governing system (i.e. an idol).

Psalms 32

9 Be ye not as the horse, or as the mule, which have no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee.

Our Heavenly Father really has a way with words. He really knows how to speak the truth in a 'short and sweet' way. Said another way, He knows how to 'cut to the chase'. And, He's now using a horse and a mule to explain to us what we should *not* be like. While horses and mules are fairly smart animals, they don't have the ability to think on a higher (spiritual) level like humans do. That's why we put bits and bridles in their mouths *to control them*. So, God is simply saying we shouldn't be like 'dumb' animals. This, of course, means *we should not think with our carnal mind*. Because when we think with our carnal mind, we cannot understand how to do what's right, because our emotions (pride, lusts, greed, fear, etc.) *control us*, instead of *us controlling them*, so we obey God's Word. In James 3, James makes the point that mankind has learned to control many things, but one thing he (or she) has the hardest time controlling is their tongue. But, this *can* be accomplished if we learn to control our carnal mind (our heart, the part of us that wants to 'act like an animal' and sin). As Paul so beautifully says in his letter to the Romans...

6 For to be carnally minded is death; but to be spiritually minded is life and peace.

7 Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

*8 **So then they that are in the flesh cannot please God.***

*9 But ye are not in the flesh, but in the Spirit, **if** so be that the Spirit of God dwell in you. Now if any man have not the Spirit of Christ, **he is none of his.***

Rom 8:6-9

To be spiritually minded (i.e. putting on the 'mind of Christ' and learning to control your carnal mind so you obey God's Word, sincerely) is life (eternal) and peace (of mind). But to be carnally

(fleshly) minded is death - and as Isa 48:22 and 57:21 say, *there's also no peace to those who are wicked* – and that's because they are carnally minded. As Prov 26:3 also says, *A whip for the horse, a bridle for the ass, and a rod for the fool's back*. In other words, a fool (someone who won't listen and obey God) is as dumb as an animal. Now, the *Companion Bible* has a note that's pretty enlightening concerning the horse or mule *whose mouth must be held in with bit and bridle, lest they come near unto thee*. It points out that the words 'come near' mean to 'draw near', as in for help and instruction. We use bits and bridles to move a horse or mule around for help and instruction *so they understand what they are to do*. Likewise, is God's Word teach us how to come near to God, and hear what He has to say, so we can understand what we are do in order to live forever with Him. And, remember what Ps 145:18 says: *The LORD is nigh unto all them that call upon him, to all that call upon him in truth*.

So, without truth in our heart and mind, *we're no better than flesh animals*. We must learn to think 'higher' than our flesh (carnal mind) because that's the only way we can live forever with our Heavenly Father. As Jesus warns in Mth 7:21-23, those who work iniquity won't be able to come near to Him when He returns. Only those who faithfully draw near to Him *now* - through studying His word (the truth), and allow His Holy Spirit to help them put on the 'new man' - which is created in God's image *of righteousness and true holiness* (Eph 4:24) - will be given eternal life and allowed to reign with Jesus Christ. But, it's up to you. **You've** got to be the one who disciplines your carnal mind (the heart, the part of you that wants to sin and 'act like an animal') and strive to *sincerely* obey God's Word and Holy Spirit. Love is a combination of will (your will do obey and follow Jesus Christ) and action (your actually doing so) (Rom 13:10).

Psalm 32

10 Many sorrows shall be to the wicked: but he that trusteth in the LORD, mercy shall compass him about.

As the outline of this chapter the *Companion Bible* tells us, David is now speaking again. So, the first part of this 'Maschil' Psalm (of instruction and understanding) taught us how to make a good repentance as well as how to worship our Heavenly Father. Then the Lord Himself spoke and assured us that, when we do sincerely repent (and seek Him with all our heart, mind, soul and strength) then He *will* teach and instruct us in 'the way' we should go (i.e. the way to eternal life, which is righteousness) *so long as* we are not stubborn and rebellious as dumb animals can be; which means we must put off our carnal mind and be willing to learn, and obey, Him as He instructs, teaches and guides us. In other words, we must be 'teachable' in order for Him to teach, instruct and guide us. And now, David is stating a timeless truth that wickedness just does not 'pay' in the end. And he's pointing this out because *this is what his experience with sin taught him*. His tormented soul (from a guilty conscience) well understood what the 'sorrows' of doing wickedly are like; and David very much enjoyed the mercy of God instead of the sorrows of the wicked. That's what brought him back to the Lord (YHVH) through a good repentance; and will do so for us too, if we're serious about changing our life, from the inside out.

Now, the word ‘**sorrows**’ means *anguish* or (figuratively) *affliction* (#4341) and the word ‘**wicked**’ means *morally wrong* or an (actively) *bad person* (#7563) (apx 44 x). So, the ‘sorrows’ of the wicked are not only anguish (of spirit) but also physical afflictions as well, which can come in many ways. As David found out (in other Psalms we’ve studied previously such as Ps 30), the Lord can also chasten us with sickness to get us to come to a good repentance if need be. So, undoubtedly, sickness is a part of the affliction the wicked experience too. In fact, that’s actually part of the promised cursings for disobeying the Lord (YHVH)...

21 The LORD shall make the pestilence cleave unto thee, until he have consumed thee from off the land, whither thou goest to possess it.

22 The LORD shall smite thee with a consumption, and with a fever; and with an inflammation, and with an extreme burning, and with the sword, and with blasting, and with mildew; and they shall pursue thee until thou perish.

Deut 28:21-22

This is just one of many of the promised ‘sorrows’ (i.e. cursings) for the wicked. You can read the rest in Deuteronomy 28 as well as Lev 26 (along with many other Scriptures). So, even though it may appear that the wicked ‘get away’ with evil now, you don’t really know what is happening to them in their personal lives. They may very well be going through some terribly painful sickness and just able to cover it to the public. But what we can be rest assured of is that their soul does not have peace. For our Heavenly Father promises that there is no peace to the wicked (Isa 48:22, 57:21). Psalms 37 [<https://t.me/BibleStudyDownload/297>] is also good to remember for it also promises that the wicked will be punished and the righteous will be rewarded with blessings. Now, the word ‘**trusteth**’ means *to hide for refuge, to trust, be confident or sure* (#982) (apx. 69 i). And the word ‘**mercy**’ (in the context of this verse) means *kindness* (#2617). And the word ‘**compass**’ means *to revolve, surround or border* (#5437). So, while the wicked are plagued with afflictions and anguish (internally and externally) those who trust in the Lord (YHVH) shall be compassed (surrounded) by God’s mercy. The *Companion Bible* even calls God’s mercy lovingkindness, or grace, likely because grace can mean kindness or favor (#2580).

Keep in mind, that *this is another promise from God*. Even though David is ‘speaking’ here, he was a prophet (Acts 2). And that means the Holy Spirit moved him to write the Psalms, as 2 Peter 1:20-21 says... *no prophecy of the scripture is of any private interpretation. For the prophecy came not in old time by the will of man: but holy men of God spake as they were moved by the Holy Ghost*. That’s how we know this is a promise. When we cast away all our transgressions, sins and iniquity and make a new heart and spirit in our soul (Ezek 18:31) then indeed we’ll be compassed about with God’s mercy, lovingkindness and grace *because* He protects those who trust (and obey) Him. But those who want to remain wicked will continue to have many sorrows, much anguish and affliction. So, while you have a choice to be wicked or to trust in the Lord (YHVH) and do what’s right, you also have to reap (for the good or the bad) the consequences of your choice (Gal 6:7-9). Therefore, we should choose wisely...

Psalms 32

11 Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.

David now ends this great ‘Maschil’ Psalm ‘of instruction’ by telling those who are ‘righteous’ to be glad in the Lord and rejoice as well as telling those who are ‘upright’ in heart to shout for joy. The word ‘glad’ here means *to brighten up* or, figuratively, *to be* (or make) *blithe* (happy or lighthearted) or *gleesome* (#8055) and the word ‘rejoice’ means indeed to *rejoice* but with *great emotion* (#1523). And the word ‘righteous’ means ‘just’ (#6662) and comes from a prim root that means *to make morally right*. So, those who are righteous – which means those who have made a good repentance and are working to put off our ‘old man’ *which is corrupt according to the deceitful lusts* (Eph 2:22), and not serve sin any longer (Rom 6:6) and put on the ‘new man’, *which is created in righteousness and true holiness* (Eph 4:24) by *renewing our spirit* (Eph 4:23) through diligently and consistently studying God’s Word (Col 3:10) - should (and will indeed) be happy, because the Word of God lightens our soul *with truth*, which is what gives us such great joy, because peace of mind only comes from having peace with our Heavenly Father (i.e. not rebelling against Him anymore).

Now, the word ‘upright’ means ‘straight’ and ‘upright’ (#3477) and comes from a word that means ‘to be straight or even’ or ‘to make right, pleasant or prosperous’ (#3474). So, to have an ‘upright heart’ (carnal mind) means we learn to *control* (subdue, even metaphorically ‘kill’ or crucify, Lk 9:23) our fleshly desires, emotions, and thoughts, *instead of letting them ‘run’ our life*. It’s truly *changing the way we think and what we desire* by allowing God’s Word to change our ‘inner man’ from being wicked to being righteous. When we learn to change our corrupted spirit (iniquity) into a mindset (including our desires) *that is ‘in line’* (or in agreement) *with God’s Word*, then our heart (carnal mind) will *automatically* draw closer (i.e. upright) to our Heavenly Father. That’s why Col 3:1-2 says to *seek those things which are above, where Christ sitteth on the right hand of God* and to *set your affection on things above, not on things on the earth*. When you seek to set your affections (desires) on things ‘above’ (the Word of God, Mth 6:33) then your heart become ‘upright’ (straight up) *because it’s drawing closer to God* (who is ‘above’, meaning spiritually thinks on a higher level than the carnal mind).

So, instead of being corrupted (crooked), our heart becomes ‘upright’ (straight up) simply because we’re drawing closer to our Heavenly Father, who is totally upright, for He is *righteous in all his ways, and holy in all his works* (Ps 145:17). And this indeed does cause us to (if only inwardly) shout for joy. Again, peace of mind and strength in your heart (carnal mind) only comes when we have peace with our Heavenly Father. For, He created us (Rev 4:11, Ezek 18:4) and thus, the only way we can be truly happy is *when we are spiritually close to Him*. This means our soul (heart and mind) *must be in agreement with His desires and wishes* and so, we can only be in agreement with Him when we learn to think, desire (and act) like He does... which is righteous and holy! That’s why, in Eph 4:24, Paul says that the ‘new man’ (our rejuvenated spirit) is created in God’s Image of *righteousness and true holiness*.

And so, our life in the flesh can either be full of sorrows and afflictions (because we refuse to repent and stop rebelling against God Almighty) or it can be full of inner peace and joy, even amid trying times and troubles. The point David makes so often in the Psalms is that, because wicked people (especially Satan, the leader of the rebellion) are still in the world, there will always be ‘hard times’ even when we are serving Jesus Christ. **But**, we can have peace and protection throughout our entire life **if** we *continue* to keep on the ‘mind of Christ’, learn to patiently endure the hard times, and continue to faithfully serve Jesus Christ by using whatever gift(s) the Lord (YHVH) has given us (1 Cor 12). Truly, we can only be at peace in our soul *when we learn who we truly are* – that means finding your gifts and using them. Said another way, ***we must figure out who the Lord (YHVH) created us to be.*** What ‘part’ of His government (Body of Christ) are you? As Paul explains so well in 1 Cor 12, there are *many* body ‘parts’ in our flesh body just, as there are in the government (or Body) of Jesus Christ. And ***only when we learn where we ‘fit in’ to the Body of Christ*** (and do what we’re supposed to, i.e. serve Him in the way He wants us to) ***will we truly be happy.***

But, if we don’t put off our carnal mind – which seeks glory, fame and riches, etc. – then we’ll never be happy, nor will we find (or us) our God given ‘gifts’. In 1 Tim 6:6, the Holy Spirit (through Paul) tells us that *godliness with contentment is great gain*. If we learn to be ‘godly’ (meaning we learn to do what’s right) while being content with what we have, then we’ll learn how much ‘gain’ there is to be found by loving God with all our heart, mind and soul. As Prov 8:11 says, *wisdom is better than rubies; and all the things that may be desired are not to be compared to it*. That’s why Paul says, in Rom 11:33, *O the depth of the riches both of the wisdom and knowledge of God!* It’s truly a relief to stop lusting for things (be it ‘stuff’, sex, pride, money or whatever) because lust is a never-ending desire in our inner man that cannot be filled and it truly causes *great* discontentment in our soul. But there is so much joy from being happy with what we have physically, and having a good relationship with our Heavenly Father (through faith in Jesus Christ). That’s why being able to study God’s Word is such a blessing. Because it is through daily studying God’s Word, we get to know *Him* and spiritually get ‘close’ to Him... which again is what brings a beautiful peace and contentment in our soul that *cannot* be found *any other way*. And that is also what eternal life is all about, as Jesus said in John 17:3. Now, let’s consider a few timely reminders from the lips of our Lord and Savior (Jesus Christ)...

These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer [#2293, courage]; ***I have overcome the world.***
John 16:33

He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the tree of life, which is in the midst of the paradise of God.
Rev 2:7

*He that hath an ear, let him hear what the Spirit saith unto the churches; He that overcometh shall **not** be hurt of the second death.*
Rev 2:11

He that hath an ear, let him hear what the Spirit saith unto the churches; To him that overcometh will I give to eat of the hidden manna, and will give him a white stone, and in the stone a new name written, which no man knoweth saving he that receiveth it.

Rev 2:17

*And he that overcometh, **and** keepeth my works unto the end, **to him will I give power over the nations:***

Rev 2:26

*He that overcometh, the same shall be clothed in white raiment; and I will **not** blot out his name out of the book of life, but **I will** confess his name before my Father, **and** before his angels.*

Rev 3:5

*Him that overcometh will I make a pillar in the temple of my God, **and** he shall go no more out: **and** I will write upon him the name of my God, **and** the name of the city of my God, which is new Jerusalem, which cometh down out of heaven from my God: **and** I will write upon him **my** new name.*

Rev 3:12

*To him that overcometh will I grant to **sit with me in my throne**, even as I also overcame, and am set down with my Father in his throne.*

Rev 3:21

7 He that overcometh shall inherit all things; and I will be his God, and he shall be my son.

8 But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolaters, and all liars, **shall have their part in the lake which burneth with fire and brimstone: which is the second death.**

Rev 21:7-8

So, let us *never forget* the *many* grand promises in God's Word, and strive daily to keep our heart and mind close to our Heavenly Father, so we can continue to do His will *and* remain spiritual virgins for our Lord and Savior, Jesus Christ...

7 Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass.

20 But the wicked shall perish, and the enemies of the LORD shall be as the fat of lambs: they shall consume; into smoke shall they consume away.

34 Wait on the LORD, and keep his way, and he shall exalt thee to inherit the land: when the wicked are cut off, thou shalt see it.

Ps 37:7, 20, 34

AMEN.