



# Power From on High

**Series:** Power From On High

**Title:** When a Good Conscience  
Falls and Rises. Part 6

**Lesson:** 127

**Text:** Psalm 32:1-5; 51

**Date:** March 15, 2026

## Explanation of the conscience

Romans 2:15 in that they show the work of the Law written in their hearts, their conscience bearing witness and their thoughts alternately accusing or else defending them,

## King David

**In 2 Samuel 11** - David's spiral into adultery and murder.

**2 Samuel 12** - David's secret life was exposed

2 Samuel 12:13 Then David said to Nathan, "I have sinned against the Lord." And Nathan said to David, "The Lord also has taken away your sin; you shall not die.

2 Samuel 11 - David's conscience was **silenced**

2 Samuel 12 - David's conscience was **awakened**

Plsam 51 - David's conscience was **restored**

**Psalm 32:1-5 - What it feels like to hid our sin**

Psalm 32:1–5 How blessed is he whose transgression is forgiven,  
Whose sin is covered! 2 How blessed is the man to whom the Lord  
does not impute iniquity, And in whose spirit there is no deceit!

**“transgression” “sin” “iniquity”**

**“deceit”**

**When we ask God to forgive us, He frees us from**

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3 When I kept silent about my sin, my body wasted away Through  
my groaning all day long.

For day and night Your hand was heavy upon me; My vitality was  
drained away as with the fever heat of summer. Selah.

**“Your hand was heavy upon me”**

**“hand”**

Hebrews 12:6 For those whom the Lord loves He disciplines,  
And He scourges every son whom He receives.”

**“day and night”**

**Our refusal to repent will not bring peace, it only**

\_\_\_\_\_ **the anguish in the soul.**

5 I acknowledged my sin to You, And my iniquity I did not hide; I said, "I will confess my transgressions to the Lord"; And You forgave the guilt of my sin. Selah.

### **Psalm 51 grows out of 2 Samuel 12:13**

2 Samuel 12:13 Then David said to Nathan, "I have sinned against the Lord." And Nathan said to David, "The Lord also has taken away your sin; you shall not die.

Psalm 51 For the choir director. A Psalm of David, when Nathan the prophet came to him, after he had gone in to Bathsheba.

### **Six characteristics of a repentant conscience:**

#### **1. Seeks \_\_\_\_\_**

1 Be gracious to me, O God, according to Your lovingkindness; According to the greatness of Your compassion blot out my transgressions. 2 Wash me thoroughly from my iniquity And cleanse me from my sin.

**"blot out" - "wash" "cleanse"**

**True repentance depends not on our own worthiness,  
but on God's \_\_\_\_\_ and mercy.**

## **Sin deserves judgment**

Psalm 103:10 He has not dealt with us according to our sins,  
Nor rewarded us according to our iniquities.

Psalm 130:3 If You, Lord, should mark iniquities, O Lord, who  
could stand?

## **2. Acknowledges \_\_\_\_\_**

3 For I know my transgressions, And my sin is ever before me.

4 Against You, You only, I have sinned And done what is evil in Your  
sight, So that You are justified when You speak And blameless when  
You judge.

**A repentant conscience acknowledges that all sin is ultimately  
an \_\_\_\_\_ on God's holiness.**

5 Behold, I was brought forth in iniquity, And in sin my mother  
conceived me.

David was born with a sin nature.

Romans 7:14 For we know that the Law is spiritual, but I am of flesh, sold into bondage to sin.

We are **“of flesh”** not **“in the flesh”**

Psalm 58:3 The wicked are estranged from the womb; These who speak lies go astray from birth.

Job 5:7 For man is born for trouble, As sparks fly upward.

6 Behold, You desire truth in the innermost being, And in the hidden part You will make me know wisdom.

### **3. Desires** \_\_\_\_\_

7 Purify me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. 8 Make me to hear joy and gladness, Let the bones which You have broken rejoice.

**“hyssop”**

9 Hide Your face from my sins And blot out all my iniquities.

Isaiah 43:25 “I, even I, am the one who wipes out your transgressions for My own sake, And I will not remember your sins.

**“for My own sake”**

**God forgives for His own sake for three reasons:**

1. It displays His merciful character.
2. It protects the honor of His name.
3. To emphasizes grace rather than human merit.

10 Create in me a clean heart, O God, And renew a steadfast spirit within me. 11 Do not cast me away from Your presence And do not take Your Holy Spirit from me. 12 Restore to me the joy of Your salvation And sustain me with a willing spirit.

**“create” “bara”**

**Only the power that created the universe can produce**

**a \_\_\_\_\_ heart.**

**4. Looks for renewed \_\_\_\_\_**

13 Then I will teach transgressors Your ways, And sinners will be converted to You. 14 Deliver me from bloodguiltiness (**murder**), O God, the God of my salvation; Then my tongue will joyfully sing of Your righteousness. 15 O Lord, open my lips, That my mouth may declare Your praise.

**“teach” “sing”**

**5. Pursues humble \_\_\_\_\_**

16 For You do not delight in sacrifice, otherwise I would give it; You are not pleased with burnt offering. 17 The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.

**“a broken spirit” / “contrite heart”**

**6. Strives for God’s \_\_\_\_\_**

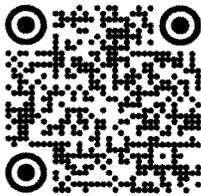
18 By Your favor do good to Zion; Build the walls of Jerusalem. 19 Then **You will delight in righteous sacrifices**, In burnt offering and whole burnt offering; Then young bulls will be offered on Your altar.

**Implication**

**Stay alert and vigilant to guard your conscience against spiritual drift by confessing and repenting \_\_\_\_\_ before sin takes root.**

## Discussion guide

1. In Psalm 32:3–4, David describes physical and emotional anguish while he hid his sin. Why do you think unconfessed sin often produces inner turmoil, anxiety, or restlessness?
2. What makes it difficult for people to admit their sin honestly before God? What helps move someone from hiding sin to confessing it?
3. How does unresolved guilt affect our willingness to talk about God or worship Him openly?
4. In Psalm 51:16–17, David says God desires a broken and contrite heart more than sacrifices. What does a “broken and contrite heart” look like in a believer’s life today?



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**ANSWERS:** hypocrisy, intensifies, mercy, grace, guilt, assault, cleansing, pure, purpose, worship, glory, quickly