

Sunday, January 25, 2026 Sermon Outline

“Christian Guard Your Heart” ~ Psalm 32:1-11

Call to Worship - Psalm 51:1-13

580 His Grace is Sufficient for Me

Change from: 601 Constantly Abiding to 329 Is Thy Heart Right with God?

360 Wonderful Grace of Jesus

11:00 a.m. Do it Again, Lord by Elevation Worship; Better is One Day by Matt Redman

Purpose Statement: As Dwight L. Moody once asked, “Suppose someone advertised that he took photographs of the heart. Would he have many customers?” We all need a photograph of our hearts. We need to look within to see if Christ has room enough, or if other gods are crowding Him out. What kind of heart do you have? What does it mean to be a Christian? How do we hear and do the Word of God? How consistent are we? Do we pray enough so that we don’t fall into temptation? Can you explain a common plant that grows in Brazil called Matador?

OUTLINE: Dwight L. Moody asked someone “*What would happen if someone would take a photograph of our heart?*” We all need a photograph of our ____ (**heart**). What would it look like? Think about the hymn: “*Is Thy Heart Right with God?*” Is there room in our heart for Jesus? What would we do with a rotten potato if we were served one at dinner? Are we a Christian just because we go to church?

Explain a common plant named “*Matador*.” Why does it mean murderer? “It is a slender stem that creeps along the ground until it comes to a vigorous tree. With a powerful clinging grasp, the plant ____ (**entwines**) itself around the victim tree. It grows larger and

more tightly and eventually lifts its head about the treetop, a conqueror completing its work of death.” Evil does the same thing.

Do we listen for the cries of the world or the voice of the Lord more? In Psalm 32 thank the Lord how God blesses even when sin surrounds us. God doesn’t bless our sin; however, he blesses us when our sin is covered by the Lord. If we try to cover our own sins, we try to hide them. When God covers our sins, He ____ (**atones**) for our sins, pays for them, all our sins He covers, our rebellion, our past, present and future.

At the start of Psalm 32 David is the one covering his own sins, however by the end, he ____ (**repents**) and allows God to cover him with forgiveness. This is what Christ did on the cross.

The Holy Spirit ____ (**convinces**) us of our sin. It is not condemnation. God doesn’t condemn His children who know Him (Romans 8:1). What is conviction of sin? When the Holy Spirit moves and prompts us to grieve our sins and repent, so bringing about a change in our ____ (**hearts**) with action to align to the Word of God. What does David experience first before repenting? A heaviness of heart. He kept silent at first. Drying up like in the desert.

What happens when David confesses vs. 3-5? Forgiveness that frees. This is like Psalm 51 for Ash Wednesday. In Psalm 32 David speaks to his own unconfessed sin.

In Vs. 1-2 David sums up his life experiences. Usually this is revealed at the end of a story, not the beginning. However, this is Hebrew poetry. David is ____ (**forgiven**) of his transgressions – which means, a sin committed willingly and he does it anyway. David’s unconfessed sin with groaning brings about his bones wasting away (Vs. 3-5).

A conviction by the Holy Spirit brings about a realization of sin not confessed and you become miserable. One will get used to their sin. It makes their lives ____ (**rotten**). No wonder people are critical,

accusatory, or defensive. Humility brings us to the point of owning up to our sin, confessing, making things right. And experiencing freedom in the Lord. Look into James 5:16 and 1 John 1:10 about unconfessed sin for a minute.

Go back to Psalm 32:6 and don't waste time with unconfessed sin. What steps help us deal with our sin? 1. Bring it before God. 2. Don't harden your heart. 3. Quickly go to the Lord now and the one you need to ask for forgiveness from. In Vs. 7 clear your conscience. If you have unconfessed sin, you are on your own. Saved, yet vulnerable. What will help you make progress in your life?

In vs. 8-9 listen to how the Lord speaks, instructs, teaches and counsels. It also includes a warning against stubbornness. The Lord puts a bit and bridles on you. God gives direction to help us. Let's be ____ (**quick**) to repent not ____ (**slow**) to deal with unconfessed sin.