

## *Only the Forgiven are Truly Happy*



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Look at the sunflowers on the front of this sheet. Do they look happy? No, these flowers are sad and lifeless. The sun has dried them out; they have no strength left. Have you ever felt like that? Maybe you can remember a time when you were tired from playing outside in the hot, humid weather. Your arms and legs felt like they weighed 100 pounds. Your body was heavy and lifeless. All your energy was gone; all the fun was gone, too.

That's what it's like to be weighed down by sin. There's a feeling of heaviness. You know you've done wrong. But instead of confessing, you keep silent. You think you can hide your sin and be finished with it. But the guilt of what you've done keeps pressing in on you, weighing you down. Have you ever felt like that?

Sin lies to us. It tells us we'll only be happy if we "break the rules" and do things "our own way." But God says, in Psalm 32:1-2, only those who are forgiven are truly happy or "blessed." When we sin, and ask God to forgive us, we know that he will. God promises he will never count that sin against us. He takes away our guilt and shame. We no longer fear God's punishment. What a relief it is to know we are completely forgiven!

Think about your own life. Are there places where you've believed the lies of sin; that sin leads to happiness? As you memorize verses 3-4, go back and add them to verses 1-2. What happens to the one who confesses his sin? What happens to the one who tries to hide his sin? Which person do you want to be?