

Steps to Rehabilitation from Psalm 32

- #1. One needs to admit they are miserable – Psalm 32:1 & 2.**
Admitting one's sinful behavior is making them miserable.
- #2. Quit playing the game and take off the mask – Psalm 32:2**
The need of this step is to stop pretending all is okay!
(guile)
- #3. Admit that you have been hurting – Psalm 32:3 & 4.**
Willingness to admit that God has been chastening.
(Hebrews 5:4 – 11)
- #4. Admit what you have done and come clean – Psalm 32:5.**
This may be humiliating, but seeking forgiveness is critical.
Do not skip this or any step, especially this one or that which follows because complete restoration will not place.
- #5. Our problems are usually universal – Psalm 32:6.**
Realize others who sin will have to go through this same process in order to find total forgiveness & restoration.
- 6. Take the step necessary to prevent this from happening again – Psalm 32:7**
When we stop seeking the Lord, we need to return to seeking His direction rather than ours. II Chronicles 7:14.
- #7. Realize that God does want to lead gently – Psalm 32:8.**
At this point one must stay focused with an eye on God for anything He may be displeased with in our recovery process or changes He wants to make.
- #8. Be ready to warn others who'll listen – Psalm 32:9 & 10.**
We need to share with others about to make a similar mistake in turning from the Lord and the consequences of doing so.