Psalm 32

Tehillim 32 How blessed are those whose offense is forgiven, those whose sin is covered! How blessed those to whom Adonai imputes no guilt, in whose spirit is no deceit! When I kept silent, my bones wasted away because of my groaning all day long; day and night your hand was heavy on me; the sap in me dried up as in a summer drought. (Selah) When I acknowledged my sin to you, when I stopped concealing my guilt, and said, "I will confess my offenses to Adonai―; then you, you forgave the guilt of my sin. (Selah) This is what everyone faithful should pray at a time when you can be found. Then, when the floodwaters are raging, they will not reach to him. You are a hiding-place for me, you will keep me from distress; you will surround me with songs of deliverance. (Selah) "I will instruct and teach you in this way that you are to go; I will give you counsel; my eyes will be watching you.― Don't be like a horse or mule that has no understanding, that has to be curbed with bit and bridle, or else it won't come near you. Many are the torments of the wicked, but grace surrounds those who trust in Adonai. Be glad in Adonai; rejoice, you righteous! Shout for joy, all you upright in heart! Complete Jewish Bible

Devotional

\"I will confess my offenses to Adonai (God).\" According to Rashi, verse 5 is in the present tense to indicate that as a lifestyle David continually confessed his sin before Adonai.