



The Mar Thoma Church Diocese of North America & Europe Christian Education Forum

Lenten Meditations

IMPORTANCE OF CONFESSION IN HEALING

Psalm 32

Just imagine for a moment, you have done something wrong and you don't want anyone to know about it. Do you feel comfortable? On the other hand, how do you feel if you admit your mistake?

In Psalm 32 the Psalmist, King David, the greatest King of Israel reveals to us:

1. How he felt when he erred and attempted to conceal it in his heart.
2. What he did to feel better. He admitted his sin to God. Then God forgave him and he felt better.

Also King David uses his experience to instruct us that when we sin we should not hide it. Tell God that we are sorry. 1 John 1:9 says if we confess our sins, He is faithful and righteous to forgive us our sins and cleanse us from all unrighteousness.

If so, why do we wait so long to confess (acknowledge) our personal failures to God? What do we hope to gain by trying to cover up what is well known to God? Our sinful ways can sap our joy and isolate us from the love of Lord. More over sin brings fear and loneliness but confession brings freedom, a sense of inner peace and healing. It also restores the broken relationship with the Lord. Through confession we get our Lord's mercy and compassion and spiritual healing. In addition to the deep spiritual healing there is physiological evidence that confession is good for the human psyche. Confession helps us not only be a healthier individual but also one in the right path to virtue and holiness.

Is sin stealing your joy and blocking your fellowship with the Lord? Like the Psalmist, King David, let us turn it over to the Lord. He is waiting for us to confess our sins and embrace the forgiveness and cleansing that He readily offers. Confession clears the way for us to walk with the Lord.

Prayer: Lord, give me courage to confess my sin to You. If I have problems that are rooted in the past please help me recognize the roots and gain healing. Thank you for listening to my prayers. Amen.

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*"I acknowledged my sin to You-----
And You forgave the guilt of my sin."
-Psalm 32:5*