



"And this is the commandment we have from Him, that the one who loves God should love his brother also." 1 John 4: 21

Sunday – May 11, 2008

## Heart to Heart...

There is nothing more frustrating than wanting to do the right thing and not doing it! That's the power of sin. Take a few moments and read Psalms 32. You can hear David speak of the pain of sin and the joy of forgiveness. Until David sought and found forgiveness from God, he was absolutely miserable and zapped of vitality (v.3-4). That's what depression does to a person. As long as David kept silent about his sins, refusing to be honest and confess his wrongs in the presence of God, his body wasted away. He was depressed!

Have you ever done something you knew was wrong, thinking no one else knew, but having this sense someone does? Guilt eats up a person on the inside and the longer guilt stays within your being, depression is right around the corner. Your energy is drained. Your desire and drive to do anything is taken away while you pushed your known guilt from your mind. I have known people, when you speak with them about their lives not right with the Lord and they say, "Yeah, I know you're right!" but they never do one thing about it. Eventually the guilt of your own sinfulness will wear you down! It will affect not only your physical body but your self esteem, where you begin to feel worthless or useless.

David knew his sins and when he came into the presence of God, became honest and acknowledged his sins, he found complete 100% forgiveness (v.5)! He found the life that he had lost and it led him to being useful in helping others (v.6-7). David could have tried this or that, keeping busy or his mind occupied, but that would only cause greater problems down the road. He could have relied on the fact he was the king of all Israel and his great victories! None of those things made him acceptable in the sight of God. David learned how to find relief from the guilt of his own sins and God had him pen it down for us to learn from.

There is so much physical illness and emotional trauma that stems from a guilt ridden heart. When one becomes trapped in their sins, the weight of guilt leaves them helpless and zaps the life right out of them. They don't want to get out of bed, have any interaction with people and their lives become extremely difficult. On the first day of the week, they are too worn out to assemble with the saints to worship the Almighty! The cross of Jesus Christ proves our guilt and God's willingness to forgive. Our union with Christ in baptism placed us under His blood to cleanse us from all defilement (Rom. 6:1-11). The only question left is: are we fleeing to Christ to solve our problems? The longer one stays in sin, the harder their heart becomes and the more confusing things become. The mind set becomes clouded and the darkness blinds them to see their real condition. It never pierces their heart to realize how far removed from God they have become. Christ is waiting at the door and until one decides they need His help, He continues to wait! Think about it!!!

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