



## ... Heart to Heart ...

Sin destroys people internally. It creates pain within the mind and heart. It exposes us for what we really are. For many, it's a shock to see what lengths they will go to. You hear people say, "I can't believe I did that!" Eventually, if sin isn't dealt with properly, it will deceive you and lead you into a state of depression.

Take a few moments and read Psalms 32. You can hear the pain and anguish in David's words. You also hear the joy when he found complete forgiveness. Until David **sought for** and **found** forgiveness with God, he was miserable and depressed (v.3-4). As long as he kept silent, refusing to be open and honest in the presence of God with his sins, his body wasted away. That's another term for depression! He couldn't function very well from day to day because he had no vitality. His energy was depleted because God was holding him accountable, as He holds every person accountable. David knew what he had to do. He came to God, acknowledged his sins, no hiding, no game playing, just humble and honest and God forgave (v.5). He found life as he was released from his tomb of death and as a result, he proclaimed to others to seek the Lord while they have opportunity (v.6-7). He could have tried to keep himself busy, avoiding the issues of his life at hand, but sin doesn't allow one to do that, as it will expose you over and over. David found complete release for his failures. 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 conscience and heart. Unforgiven people live in a world that zaps life right out of them. They need a release and that release can only come from Christ. Until people humble themselves before the throne of God, confess honestly their sinfulness, looking to Him for His instruction and counsel, their lives will continue in turmoil (v.8-10). One cannot believe in the forgiveness of sins unless he believes in repentance and confession. If there is nothing to confess, there is nothing to forgive! If we deny the need of repentance and confession, we deny the need for Christ's death and His need to redeem us!

The cross proves our guilt and God's willingness to forgive our guilt. The only question left is, will we humble ourselves and flee to Christ? Think about it!!!

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