

# Church of Christ

## ... Heart to Heart ...

Take a few moments and read Psalms 32. You can hear the pain of David and at the same time the joy of forgiveness. David was burdened with guilt and depression. Until he **sought** God, he found no forgiveness (v.3-4). As long as he kept silent, refusing to be honest and confess his sins before God, his body wasted away. We call it “*depression*.” Have you ever done something, knowing it wasn’t right, trying to hide it but every time you spoke with someone, you just knew they knew? You heard lessons, thinking the preacher/teacher was speaking directly to you? (The preacher may not know, but God sure does and He was speaking loud and clear!) Guilt eats one up from the inside and the longer guilt stays within, depression can set in and it is a constant wearing, and takes away vitality. David knew his sins, and when he humbled his heart, became honest before God, acknowledging his sins, God forgave (v.5). He found life, released from his tomb of death and could help others find the same thing (v.6-7). David could have kept busy, avoiding the issues in his life, but one can’t ever escape their own guilt! God had David pen it down for us to gain insight.

There is so much physical illness and emotional trauma that stems from a guilty conscience and a burdened heart. Every day tasks, simple things become a mountain to those burdened. You want to withdraw from people, be alone, but in all that, the guilt stays with you. Unforgiven people live in a world of helplessness and their life is zapped right out of them. It’s called the world of sin and death. David knew he needed help from God, guidance from God, life from God, and not be stubborn, otherwise, he would find sorrow upon sorrow within his being (v.8-11). Those who come to the Lord with all their heart and openly confess their sins, find His lovingkindness surrounding them (v.10). David didn’t have Jesus’ death at the time!

The cross proves our guilt! It also shows us God’s willingness to forgive our guilt. So many times people look at their failure rather than Christ, the One who paid for their failure. We need to flee to Jesus. Read Romans 5:6-11 and see the willingness of God. Never stay in your sins or the guilt of your sins! It will only take you down mentally and physically. Run to God! Take hold of Christ! Confess your sins and you will find rest for your soul (I John 1:9). Think about it!

Brent