



Church of Christ

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Heart to Heart...

We fail in our lives. There is nothing more frustrating than wanting to do right, but still failing. How can we, people who have failed and will fail, enjoy life with God? Haven't you experienced the pain of sin in your life? Isn't it disgusting and depressing?

Take a few moments and read Psalms 32. You can hear the pain of David, yet, the joy of forgiveness. Until David *sought* and *found* forgiveness with God, he was absolutely miserable (v. 3-4). As long as he kept silent about his sin, refusing to be honest and confess it to the Lord, his body wasted away. In other words, he was depressed!

Have you ever done something you knew was wrong, trying to hide it, while every time you talked with someone, you knew they knew? Guilt ate you up and depression was right around the corner. Your energy was being drained from you as you constantly pushed your guilt from your mind. Eventually the guilt of sin began wearing you out!

David knew his sins and when he came in the presence of God, acknowledged his sins, without hiding or faking, he found God's forgiveness (v.5). He found life, release from his tomb of death and found insight to helping others (v.6-7). Nowhere else could he have found such peace and comfort. He could have tried to stay busy to keep his mind occupied, but somewhere sin has to be confronted! David learned how to find release from sin and guilt 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 people are trapped in their sins, the weight of guilt leaves them feeling helpless and zaps the life right out of them. They need release and that only comes from Christ! Until people humble themselves before God, confess honestly from their heart, looking to Him for instruction and counsel, their lives will continue to be filled with turmoil (v.8-10). There is no such thing as "faking it until you make it!"

The cross proves our guilt and God's willingness to forgive. Our union with Christ in baptism placed us under His blood, which cleanses us. (Rom. 6:1-11) We must walk in the light (I John 1:5-7) where God lives and confess our sins to Him when we fail (I John 1:9). Guilt is replaced by life and that life leads us upward into the things of God. Think about it!!!

Brent