

# Confession is Good for the Soul

You've probably heard the old expression, "Confession is good for the soul." And of course, if you've ever been in a situation where you did something wrong and made it right, you know that this old expression is true. "Coming clean" about some crime or sin we have committed--confessing it openly--feels good. It opens the door to being forgiven, and enables us to get a fresh start.

But what I want you to know is that this old saying--"confession is good for the soul"--this is not just some silly "pop-psychology" or "feel-good-psycho-babble." This wise old adage really expresses the truth! It's a simple way of saying what God first said in His Word.

## Forgiveness through Confession

Consider, for example, King David, a man who had committed both adultery and murder, but who ultimately found God's mercy when he finally confessed his sins and admitted his fault (Ps. 32:1-5).

David begins this Psalm by saying, "How blessed is he whose transgression is forgiven, whose sin is covered! How blessed is the man to whom the Lord does not impute iniquity, and in whose spirit there is no deceit" (32:1-2). In these first verses, David describes the joy of salvation and of being forgiven but it wasn't always that way.

He says, "When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night Your hand was heavy upon me; my vitality was drained away as with the fevered heat of summer" (32:3-4). Initially, David had tried to hide and cover up his sin; but deep down, he knew he was being deceitful and he felt awful! He felt guilty and all sick inside. He felt as if God's heavy hand was pressing him down and burdening him with his guilt.

So what would he do? What could he do to escape the guilt and feel again the freedom from sin?

Here's what David did: he said, "I acknowledged my sin to You, and my iniquity I did not hide; I said, 'I will confess my transgressions to the Lord'; and You did forgive the guilt of my sin" (32:5). As soon as David took responsibility for his own sin and confessed it to God: that's when he found relief!

That same thing is true for every one of us! If we will but confess our sins to God and turn away from them, we will know the joy of salvation and the relief that comes from forgiveness--but not until we truly "come clean" about it altogether

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