



A Spiritual Encouragement Message

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Rational Lies

King David was quite the king, wasn't he? I mean, Throughout the remaining history of the kings, following David's departure, we read about the throne of David, the city of David, the instruments of David, and every king of Judah that does not follow God is said to have failed to walk in David's footsteps. David is the king to emulate, the life to replicate. Yet, David wasn't always good. In fact, the second half of David's life was a mess. Following his pivotal sin with Bathsheba, the wife of Uriah the Hittite, David failed to truly repent of his sins. He arrogantly had Uriah killed and married Bathsheba as if he were doing right by her. In the midst of his sin, the prophet Nathan had no other choice but to confront the king.

In **2 Sam. 12: 1-15** we read of the encounter with Nathan and David. Nathan wisely used a parable to draw David into the truth. He told David that a rich man who had all he could ever dream of stole a family animal from a poor man who had nothing but the poor ewe lamb. David, hearing this parable, was enraged with the audacity of the rich man and exclaimed, **"As the Lord lives, the man who has done this deserves to die" (2 Sam. 12:5)**. Nathan responds with equal indignation by stating, **"You are the man!" (2 Sam. 12:7)**.

It wasn't until Nathan confronted David with this parable that David was able to fully admit and repent of his sin. You see, sometimes we need to be removed from a situation to see just how bad it is. Unfortunately, speaking to each of us directly about our own sins will only give us a chance to rationalize our sin away. As the famous author, Steven Covey says, **"these are rational lies we tell ourselves"** (7 Habits).

It is no wonder James wrote, **"Therefore, confess your sins to one another and pray for one another, that you may be healed."** (James 5:16a). After all, healing is the goal for each of us! Yet, if confessing our sin is so good for us, why do we fail to do it? I suppose the answer to that is simpler than we wish to admit. We fail to confess our sins to one another because it is hard. It hurts. We must admit our shortcomings and failures, some of which can be tremendously painful to accept. Beyond that, many of us are terrified of what others can do with such knowledge of our sin. We've witnessed as people bite and devour one another. Some Christians have even mastered the art of gossip by seeking "prayers" on behalf of individuals as a means to discuss their plight. Yup, confessing our sins comes at a risk and a cost.

However, with any good analysis, the question should be, does the cost outweigh the benefit? Scripture says we will be “healed” in this process. The word employed by the author is *iaomai*, which simply means to “heal or cure”. It is used over 25 times in the New Testament, and most of the usage is dealing with those who have physical infirmities (i.e. Jesus healing the blind, lame, deaf, mute, etc.). However, every usage in the epistles is not dealing with physical infirmities, rather, spiritual malady (**Heb. 12:13; Jam. 5:16; 1 Pet. 2:24**). Furthermore, Matthew employs the word when Jesus quotes Isaiah in a similar fashion:

For this people's heart has grown dull, and with their ears they can barely hear, and their eyes they have closed, lest they should see with their eyes and hear with their ears and understand with their heart and turn, and I would heal them. (Matt. 13:15)

It is my estimation that James uses the word “heal” to indicate a spiritual transformation. We move from shameful to shameless; from bondage, to liberation! We might think we are preserving our character by hiding those dark secrets, but, according to the Word, we are making ourselves worse! Indeed, not confessing our sins to ourselves, God, and our brethren, is like having a life or death illness that can easily be cured with treatment and saying, “I’ll pass”. Like having an infected wound and saying, “it’ll heal on its own”. No, it won’t. Neither will our sin.

What rational lies have you been telling yourself lately? Is it time to face reality? I love you! I am here if you need anything. God bless!

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