

**RESTORE**  
**REAL CONFESSION**

Thursday, May 28

Reading: 1 John 1:5 – 2:2

**1 John 1:9** *If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

“Guilt is a giant with interesting powers. This giant is the most invisible, but the heaviest one of all. There are people all around us who are being slowly crushed, slowly suffocated by the giant of guilt. It kills slowly but with excruciating pain.”<sup>1</sup> Guilt starts as a good thing. It reminds us that we have done something wrong; that we have hurt the heart of our heavenly Father by our disobedience. But if we don’t do something about our guilt it will destroy us. Guilt should drive us to confession.

The word “confess” means to admit; to agree with. When we confess our sins, it means that we agree with God about the terrible thing we have done and seek His forgiveness. That means we don’t make excuses for why we did it! It is human nature to want to blame others – to say it is someone else’s fault. Or that society, or stress, or your upbringing are to blame. But confession begins with owning up to your sin. When we try to distance ourselves from our guilt it will never go away!

To confess also means that we do not minimize what we have done. We don’t say “Oh that’s really no big deal” or “My sin isn’t as bad as THAT person’s sin.” In today’s society, the word “sin” is not politically correct. “There are no sins, only ‘personal decisions.’ Actions once forbidden are now the subjects of TV sitcoms. And if someone does happen to do something our culture can’t accept, then it’s shrugged away as a result of nature or nurture...By scrubbing the word sin out of the vocabulary of everyday life, we’ve actually deprived people of the doorway to healing. There’s no way to be made well unless we first acknowledge the reality of sin.”<sup>2</sup>

Here’s the good news – “He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” Jesus stands ready to hear and forgive.

So how do we confess? First, we must be a child of God by accepting His free gift of salvation through Jesus Christ. Then we lay our souls before God and admit to the horrible things (big and small) that break His heart. We commit to killing that sin in our lives through His power and living for Him daily as we follow the leading of the Holy Spirit who lives within us. Finally, we trust in Christ’s promise to forgive us and help us as His children to live free from guilt. Will we still fail? Probably! But Jesus not only atoned for our sins on the cross, He rose from the dead and now stands as our Advocate, our defense attorney, before the Father.

So how is your “moral inventory” list coming? Are you being open and honest with God? He knows everything already! You can’t hide from Him. But God is not some hard-nosed judge waiting to condemn. He is our loving heavenly Father longing to forgive and restore. What’s your next step to receiving God’s grace in your life?

<sup>1</sup> David Jeremiah. *Slaying the Giants in Your Life*, p. 73

<sup>2</sup> Jeremiah, p. 79-80