

### **Why Confession is Good For The Soul**

1. We find happiness in life when we realize that we have a God who graciously cuts us some slack when we have messed up in life (Psalm 32:1-2).
2. We find happiness when we unload the weight of the things that slam us by taking ownership of them before God (Psalm 32:3-4).
3. We find happiness in life when we realize that God is still a place for us to turn even after we have messed up in life (Psalm 32:6-11).

*Action point:*

*List some of the areas that you have messed up in life, but still carry the weight of guilt for them. Confess the things on the list before the Lord thanking Him that He is a God who when we are engaged in willful defiance of authority, He does not always make us face the consequences and when we make bad moral decisions doesn't always go public with it and when we have reason to have an ongoing record of wrongs God gives us a clean slate. Now shred the paper. Finish by reading Psalm 32 and tell the Lord that you will not stubbornly refuse to be taught by Him.*