



“And this is the commandment we have from Him, that the one who loves God should love his brother also.” 1 John 4: 21

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**Sunday – June 25, 2017**

## **Heart to Heart...**

Take a few moments and read Psalm 32. You can hear David’s pain and the joy of being forgiven. David sinned and as a result was burdened with guilt and depression. Until he sought God on God’s terms, he found no forgiveness or relief (v.3-4). As long as he kept silent about his sins, refusing to be honest and confess his sins before God, his body was being affected greatly by wasting away. Yes, sin affects the body! We call it “*depression.*”

Have you ever done something, knowing it wasn’t right while trying to hide it? It affected not only your mind but your body. Exhaustion, fatigue and the constant reminder of guilt. It moves people to withdraw from others. Then you hear a lesson thinking the preacher was singling you out. ***“For the word of God is living and active and sharper than any two-edged sword, piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do.”*** (Hebrews 4:12-13) Guilt eats from the inside and the longer guilt stays, it will eventually lead to depression and that becomes a constant wearing and takes away all vitality.

David knew his sins and upon humbling his heart, becoming honest between him and God, acknowledging his sins, God responded by forgiving and David knew it (v.5)! He found the life he longed to regain and was released from the tomb of death and now he could help others find the same path of life (v.6-7). David could have tried to keep busy to take his mind off what he had done, avoiding the real issue, but one can’t escape their guilt! God had David pen this down in order to help us gain insight and understanding.

There is so much physical illness and emotional trauma that stems from a guilty conscience. Everyday tasks, simple things become a mountain to those burdened with guilt. Unforgiven people live in a world of helplessness and life is zapped out of them. It’s spoken of in Scripture as the world of sin and death! David knew he needed help from God, guidance from God, life from God, and if he was stubborn he would find sorrow upon sorrow within (v.8-11). Those who come humbly and openly to the Lord with all their heart, confessing will find His lovingkindness (v.10). And David didn’t have the death of Jesus to lean on at this time!

The cross of Christ Jesus proves our guilt! It shows us God's willingness to forgive. Many times people look at their failure rather than the Lord Jesus Christ, the One who paid for their failure. The longer you look at your failure, guilt will remain. We need to flee to the side of Jesus. In Romans 5:6-11 we can see the willingness of God toward us. It takes a humble, honest heart of faith to move toward Him. Many cry out in their guilt but they remain there because they do not see the Lord and His mercy. Take hold of Christ Jesus! Confess your sins and there you will find rest for your soul. (I John 1:9) I'm speaking to those already baptized into Christ Jesus. Think about it!!!

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