



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

---

**Sunday – October 12, 2025**

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

How can we enjoy life with God knowing our past failures and that we will fail again? Have you experienced the pain of sin and the heaviness of heart as a result? The mental anguish can be enormous.

Take a few moments and read Psalms 32. It is Psalm of praise because of the release from a guilty conscience and heart. Upon close reading you can hear the pain of David and then the joy of forgiveness. Until David sought God's forgiveness, he was left in misery (v.3-4). The longer David clung to the guilt of his sin, the worse he grew within his heart. David said his "*vitality was drained away*." It made his body waste away. His guilty conscience had a drastic effect on his physical body. In other words, David was depressed and he knew it! Have you ever done something you knew was wrong, try to hide it yet every time you spoke with another you thought they knew about you? Guilt was eating you up from the inside and depression was raising its ugly head while your energy was being drawn from your life. Withdrawal and wanting to be alone is all you wanted. Sleep or keep busy so your mind wouldn't have to think about what you had done was prevalent in your life. Avoiding certain issues was a must to keep the pain to a minimum. David knew his guilt, and he finally came to the point where he acknowledged his sins to God, no faking, no hiding but an honest heart seeking the Lord and God forgave him (v.5). How do you know? He found instant relief for his guilt. That's what a sincere faith and trust in the word of the Lord does. He found life, release from his tomb of death and it led him to having insight to helping others (v.6-7) not withdrawing. Nowhere else could he have found such peace and comfort. He could fake it but somewhere down the road sin and guilt would come back into his heart and mind. David knew where to turn and find complete release for his failures and God had him pen it down for us!

There is so much physical illness and emotional trauma that stems from a guilt-ridden heart. Unforgiven people live in a world that feels helpless and zaps life right out of them. Simple things are such a burden. They need a release and that only comes from Christ Jesus. Until people humble themselves before the throne of God, confess honestly their sinfulness, looking to Him for counsel and instruction, accepting what He offers fully in His forgiveness, lives will be filled with turmoil (v.8-10). A friend of mine, Jim McGuiggan, said it best: *“One cannot believe in the forgiveness of sins unless he believes in confession. If there is nothing to confess before God, there is nothing to forgive. If we deny the need of confession, we deny the need for Christ’s death and make Him appear to be a deluded young fool for thinking He needed to redeem us!”* The cross proves our guilt and God’s willingness to forgive our guilt. Read Romans 5:6-11 and see God’s willingness now we are in Jesus. Read Romans 6 and see where you stand with God. Flee to God, take hold of Christ, confess and forsake your sins and let Him cleanse you from your guilt. Only then will one begin to truly live. Think about it!!!

Brent