

Devotion 3: Guilt That Won't Go Away

February 25, 2026

Scripture: *Psalm 32:3–5*

“For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. I acknowledged my sin to you, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the LORD,’ and you forgave the iniquity of my sin.”

Devotion

Have you ever tried to ignore a splinter? At first you think, “It’s fine, I’ll just leave it.” But it keeps throbbing. It gets red and sore. The longer you leave it, the worse it gets. Guilt works the same way. Our world tries to tell us that guilt is just a feeling we should ignore or push onto someone else. But as King David discovered, unconfessed guilt doesn’t just disappear—it eats away at us from the inside. David says it felt like his bones were wasting away! But look at what happened the moment he stopped hiding his sin and brought it to God: immediate, total forgiveness. God didn’t lecture David or make him earn His way back. He simply forgave. That’s the gift God offers every one of us. Guilt is real because sin is real. But forgiveness is even more real because God’s love is greater than all our sin.

Discussion Questions

1. What does it feel like to carry guilt around and try to ignore it?
2. Why do you think David felt so much better after confessing?
3. How is God’s forgiveness different from how the world handles guilt?

Closing Prayer

Merciful Father, we confess that we carry guilt we were never meant to bear alone. Thank You for the gift of confession and for Your promise to forgive completely. Help us bring our burdens to You. Through Christ our Lord. Amen.

Family Action Item: Before bed each night this week, take a moment as a family to silently confess your sins to God, and then read 1 John 1:9 together as a reminder of His promise.