

I'm Not Okay

Means of Grace

- 1) Prayer
- 2) The Church
- 3) Reading and Meditating on God's Word
- 4) Fasting
- 5) Communion
- 6) Baptism
- 7) Worship
- 8) Confession

*you will not get better
until you admit that
you messed up*

Psalm 32

**1 Blessed is the one
whose transgressions are forgiven,
whose sins are covered.**

**2 Blessed is the one
whose sin the LORD does not count against them
and in whose spirit is no deceit.**

**3 When I kept silent,
my bones wasted away
through my groaning all day long.**

Psalm 32

**4 For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.**

**5 Then I acknowledged my sin to you
and did not cover up my iniquity.**

**I said, "I will confess
my transgressions to the LORD."**

**And you forgave
the guilt of my sin.**

Hiding sin destroys our relationship with God

**“For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.”**

Hiding sin destroys our relationship with God

“When He, (Holy Spirit) comes, He will prove the world to be in the wrong about sin. . .” (John 16:8)

Hiding sin destroys our relationship with God

Sin Separates us from God.

Hiding sin destroys our relationship with God

Heb. 3:13 But encourage (earnest instruction) one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.

Hiding sin destroys our relationship with God

(2 Cor. 6:2) “Now is the time of God’s favor, Now is the day of salvation.”

Hiding sin destroys our relationship with God

The more we ignore Him, the better we get at it so when we feel the gift of conviction, the time to make it right is now.

God does not hold grudges

“Blessed is the one whose sin God does not count against him.”

God does not hold grudges

(2 Cor. 5: 17-19) 17 Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! 18 All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: 19 that God was reconciling the world to himself in Christ, not counting people's sins against them.

God does not hold grudges

Psalm 103: 10-12, "He does not treat us as our sins deserve or repay us according to our iniquities.

11 For as high as the heavens are above the earth,
so great is his love for those who fear him;

12 as far as the east is from the west,
so far has he removed our transgressions from us.

True confession always leads to change
...and in whose spirit is no deceit...

True confession always leads to change

Confession without change is deception.

True confession always leads to change

29 If your right eye causes you to stumble, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. **30** And if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell. (Matthew 5)

Confession Brings Forgiveness

I said, "I will confess
my transgressions to the LORD."

And you forgave
the guilt of my sin.

Confession Brings Forgiveness

Confession is a raised hand, “I did it,” followed by forgiveness.

Forgiveness Brings Freedom and Joy

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Acts 3:19 “Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord,”

Forgiveness Brings Freedom and Joy

When we don't understand the gravity of sin, we sometimes hang on to it.

Isaiah 55: 6-7

**Seek the LORD *while he may be found;*
call on him *while he is near.***

**7 Let the wicked forsake their ways
and the unrighteous their thoughts.**

**Let them turn to the LORD, and he will have mercy on them,
and to our God, for he will freely pardon.**