

21
Days

21 Days of Prayer & Fasting

Hopewell Christian Fellowship Daily Devotional

Day 8 - Friday, January 9, 2009

Name : Pastor Joel Kolb

Theme: Confession Is Good for the Soul

Scripture: 1 John 1:7-9

Key Verse:

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. (1 John 1:9 NKJV)

Meditation:

Why is it so hard for people to admit that they are wrong? Imagine going to the doctor and the doctor asks you how you are doing physically. Would you hide anything from him? If you told him that nothing was wrong, he would have to say, "Then I cannot help you."

Why do we go to God in prayer and pretend that everything is all right, when clearly it is not? God knows our hearts. We cannot hide anything from Him. But it is to our benefit that we confess our sin to Him. Until we confess, He cannot help us.

Confession is not a very popular doctrine among Protestants, but it is a very necessary practice for anyone who wants to be spiritually cleansed. Fasting is a time of bodily cleansing. But it is also a perfect time for cleansing of the mind and spirit as well.

Has there been any time recently where you felt like you were guarding a secret? Perhaps something began to come to mind and you shut out the thought saying, "I don't want to go there." How about going there now, together with God? His promise is to forgive and to cleanse.

Prayer: Father, I confess that there are areas of my life where I have not let you in. I give you my fears and my insecurity; please give me your peace instead. Shine your light into my heart and show me what I have not been willing to see. Thank you, Jesus for bearing my sin to the cross. The pain that I feel I give to you as well. Help me to forgive those who have hurt me just as you have forgiven me. Now LORD please fill these empty places in my life with more of your Holy Spirit! AMEN.