

Confession is Essential for the Soul

1 John 1:9 KJV

“If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”

Confession is essential to the life of a Christian. It is crucial to our ever-developing relationship with God. If we look at 1 John 1:9, the word confess means “to agree with” or “covenant”. When we confess our sins to God, we are agreeing with God that we were wrong, that we have sinned. Through this action, God is showing us that He is “faithful and just”. He is faithful by forgiving our sins because He promised he would. He shows He is just by using Christ’s death as atonement for our sins. Just think if we could not confess, our souls would be in in what Bishop Brady described as a “sin sewer”. Thank God He will cleanse us of all unrighteousness!

In Nehemiah 1, we see Nehemiah confess the sins of the children of Israel. He openly confesses without any excuses that they have not kept the commandments, statutes, and judgements. It takes humility to openly confess your sins but Nehemiah even as a godly man puts himself with his father’s house and the children of Israel and takes the task of interceding on behalf of his people. As we see throughout the book of Nehemiah God’s favor is upon the children of Israel and Nehemiah because of how he came to God.

The confession process requires us to be humble and be genuine in what we are asking forgiveness for. We must repent and turn away from the things that are not of God. If we do these things our relationship with God will continue to grow and His favor will reign in our lives. Confession is essential for the soul!

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