

**Pathways of Prayer  
Pastor Kervin Raugust  
Lord teach us to pray**

**CONFESSION**

**“Trust in Him at all times, O people; pour out your hearts to Him,  
for God is our refuge.” (Psalm 62:8)**

Confession is good for the soul! Sounds good on paper does it? Not so easy to do though. Confession is something we resist for two reasons – a.) fear and pride; and b.) an incomplete understanding of confession.

All kinds of fears are aroused when we think of confession. We imagined feelings of embarrassment arising in us and we imagine people making judgments about our character, values, intelligence, competence and a host of other consequences we imagine. These fears are not unfounded. Confession can lead to all of these and can cause life to change for the worst. We all know there is life before confession and life after confession!

Pride keeps us from confession. How hard is it to admit to one’s foibles, mistakes, weaknesses and sins? For most of us it is terrifically hard. It is hard of course because of the fears spoken of above and it is hard because of the deception underlying pride. Pride says, “Live independently. Go it alone.” Humility, the opposite of pride, says “I cannot do it alone. I need help. I need you”. Pride keeps us from confession.

Confession is hard. It is hard because Satan opposes the heart of God “for us”. Fear and pride are the seed of Satan’s plan used against God’s purposes for us which are entirely good. He loves us with an enduring love and promises a future for all who walk in the ways of His heart and follow the paths of the Holy Spirit of Jesus. When we learn the place confession in God’s plan we discover the path that leads to healing and strength.

Confession is not only about admitting our sins to God and to one another. This is only one component of confession and an important component. I John 1:9 speaks of the necessity of such confessions if in fact we will have our sins forgiven. As for confessing to one another the Bible speaks of this as a valuable to the community of Christ followers. Why? Because in confession we learn to carry one another’s burdens.

Confession is also about declaring our dependence and need for God. Proverbs 3:5-6 says, “Trust in the Lord with all your heart and lean not on your own understanding. In all your ways confess your dependence on Him and He will direct your path.” This is the kind of prayer the Father longs to hear from us. The same sentiment is spoken of above in Psalm 62:8! Pouring out our heart to God is about conversing with Him about everything going on in our lives because we cannot do life without His help!

**Path Less Travelled by...**

Confession is not hard for those who trust the heart of God and believe He is a safe refuge! I choose to walk the path of confessing my dependence on God!