

DAILY DEVOTIONAL

Vibes / Week 4

Finally, **I confessed all my sins to you** and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the Lord." And you forgave me! All my guilt is gone.

PSALM 32:5 NLT

DAY 1

The idea of confessing our sins to God can feel strange. After all, He already knows everything, right? So what is the point of confessing? It isn't to tell God something He doesn't know, or to make Him happy. Getting to the place where we are able to admit we did something wrong, that we hurt someone else, is good for us. Admitting we are wrong is a sign of growth and faith. When we are able to put words around how we have messed up, we are making a move towards healing. Not because God sees us differently, but because we start to see OURSELVES differently.

Pick a day this week to get really honest with God and confess your sins. As you do, remember that this isn't about getting God's approval, but about learning to see ourselves and what we've done in an honest light..

But if we confess our sins to him, **he is faithful and just to forgive us** our sins and to cleanse us from all wickedness.

1 JOHN 1:9 NLT

DAY 2

One of the most powerful voices in our lives is shame. Shame tells us, "You're not good enough. You're broken. I can't believe you did that again. You're dirty. God doesn't love you anymore." Ultimately, shame shuts us up and it shuts others out. We begin to live isolated from other people and from God.

But these verses written by the apostle John give us hope. He writes, **if we confess our sins to God, and acknowledge our shortcomings, he is not only faithful to forgive, but also to cleanse us.** He wants to cleanse us from sin, but also from shame. Sin and shame isolate, but when we confess to God He makes us right, and helps us to see ourselves as He does—loved and accepted.

"I—yes, I alone—**will blot out your sins for my own sake** and will never think of them again."

ISAIAH 43:25 NLT

DAY 3

Have you ever held a grudge against someone? A grudge is resenting someone because of something they did to you in the past. The thing about grudges is something about it feels fair, like we hold a grudge to teach them a lesson.

But the truth is, the grudge always does more harm to the person holding it. A grudge doesn't teach anyone a lesson. It just creates more hurt, and keeps people stuck in the pain that got them there. This is why I think God asks us to forgive quickly. But He doesn't just ask that of us without giving us an example Himself. In this verse from Isaiah, we see God leads the way. His forgiveness is far-reaching. We never have to wonder where we stand. And if God does that for us, then we can do the same for others.

This week, remember that you are *not less than* because of your mistakes. **You are not defined by the sin of your past.**

<p>I prayed to the Lord, and he answered me. He freed me from all my fears. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.</p> <p>PSALM 34:4-5 NLT</p>	<p>DAY 4 Has someone ever helped you right when you needed it; when you couldn't help yourself? There's nothing like that sense of gratitude when someone does something for you when you needed it the most.</p> <p>Oftentimes, reading the Psalms, you get the sense that the people writing them saw God in that way. They experienced Him in a way that made Him a rescuer, a helper. He wants to be that to you too. Today, bring your fears, doubts, and concerns to God, and look for ways He frees you, helps you, and comes alongside of you.</p>
<p>And I will forgive their wickedness, and I will never again remember their sins.</p> <p>HEBREWS 8:12 NLT</p>	<p>DAY 5 Sometimes, we get the idea that God is angry at us, and holding our sins over us; that He stays mad and disappointed in us. But the picture we get over and over in Scripture, is one where God is eager to forgive us. In this passage, the writer of Hebrews goes as far as to say that God forgets what we've done.</p> <p>In other words, our relationship with Him, the way He sees us, doesn't change. His love stays the same. His acceptance doesn't go anywhere.</p> <p>Take some time this week and just thank God for His grace that covers your life, and that His love for you never changes.</p>
<p>Even if we feel guilty, God is greater than our feelings, and he knows everything.</p> <p>1 JOHN 3:20 NLT</p>	<p>DAY 6 Have you ever been really hard on yourself? Maybe you didn't get the grade you wanted, you had a rough go at rehearsal, or dropped the ball on a group project. Whatever it is, we tend to be our harshest critics.</p> <p>This can explain why it can be hard for us to think God has forgiven us—when we haven't forgiven ourselves about something. Because if we are disappointed in how we acted, God must be REALLY disappointed. But here's the thing: God isn't out to make you feel bad. Why? Because feeling bad doesn't make us live better. It doesn't make us into the kind of people He wants us to be. He wants us to know that we were made for something better than sin. So when we mess up, He isn't shaking His head at us, wanting us to feel and stay guilty. He is inviting us to know something better than guilt—and that's freedom.</p>
<p>So now there is no condemnation for those who belong to Christ Jesus.</p> <p>ROMANS 8:1 NLT</p>	<p>DAY 7 Grab an index card and write the verse reference on one side, and the actual verse on the other side. Try and recite the verse without flipping the index card over!</p>