

## I SAID, I WILL CONFESS MY SINS TO THE LORD

“Blessed is he whose transgression is forgiven.” This a very uplifting statement to the transgressors, as in all of us. The Bible tells us that YAHSHUA was wounded for our transgressions. He was wounded emotionally and physically, although He never transgressed or violate a law, a command, moral code or boundary. He suffered the wound of our transgressions. In the cause and effect, transgression has its effect on the body through diseases. YAHSHUA took that upon Himself and for a moment, He suffered the pain transgression causes. Isaiah 53:6 says, “We all like sheep have gone astray, we have turned everyone to his own way; and the Lord has made to light upon Him the guilt and iniquity of us all.” To go astray is to deviate from the right way rebelliously, in order behave as we please. This sounds to me as sin of transgression. Transgression is knowing what is right and not doing it. We all suffer the consequences of transgression. One example is in our eating habits. Day after day, we transgress the law of nature which our Lord established for the well-being of our body. He created living foods to nourish our living cells; but knowingly, we choose man created dead foods, filled with harmful chemicals to feed the body. Worse yet, is when we ask God to bless the poison we are about to partake for the destruction of our health in the name of YAHSHUA. Diseases have taken our body as a result. Not connecting the dots, we continue eating for our destruction and asking God to heal us. The sin of transgression will continue destroying us, unless we admit we have sinned and have a change of heart toward God and what He has created for us to eat. This is only one aspect of the sin of transgression that affect all of us. Don’t you know, asks Paul “that your body is the temple of the Holy Spirit Who lives within you, Whom you have received from God? You are not your own, You were bought with a price, so then honor God and bring glory to Him in your body” (I Cor. 6:19-20).

We transgress God’s law in many aspects of life. In the law of marriage – ‘till death us part, disloyalty in our relationship with Him and with others. Israel, when in their pilgrimage to the Promised Land, lived a life of transgression against God’s Laws. Blessed above all nations, Israel has not understood her responsibility to obey God. Israel committed a grave sin that of having other gods besides Him after God covenanted with her. They did not repent and continued throughout their lives serving and worshiping false gods. A sin of transgression against God has not been dealt with to this day. YAHSHUA suffered much for the sin of transgression. The world is without excuses to continue transgressing against God today, after He has provided a way to be forgiven through His Son. David suffered much for not dealing with his sins. In his silence concerning his sin, his groaning was continuously all day long. Pain in the bones and in his kidneys, kept him suffering under God’s heavy hand upon him. That led him to acknowledge his sin to God, hiding nothing from Him. He confessed his transgression and he was forgiven from all he had confessed to God. A relief, with wings of peace took him from that estate of guilt and freed him. As a result, he had this to say from the heart: “Blessed is the man to whom the Lord imputes no iniquity and in whose spirit there is no deceit” (Ps. 32). The Bible assures us that when God forgives us, He remembers our sins no more. “He has not dealt with us after our sins nor rewarded us according to our iniquities, for as the heavens are high above the earth, so

great are His mercy and loving-kindness toward those who reverently fear Him; as far as the east is from the west, so far has He removed our transgressions from us" (Ps. 103:10-12).

The weight of unconfessed and hidden sins is very heavy on the soul of man; heavier than any physical weight, for it affects the mind. Laden with guilt, the soul suffers the torment it surfaces, controlling the emotions and the thoughts. In the absence of peace there will be fear, worry and anxiety. Meanwhile, the body's organs are affected. Worries weakens the stomach; fear weakens the kidneys; stress weakens the heart; anger and frustration weaken the liver and grief weakens the lungs. Psalm 38:3 David writes, "there is no soundness in my flesh because of Your indignation; neither is there any health or rest in my bones because of my sin." The bones are affected by sin and stress; so, happy thoughts and emotions equal healthy body and bones. But the negative emotions as in stress and anxiety damage the arteries and other organs and the bones. What David expressed was the result of unconfessed sin in his life. He said, "My moisture was turned into the drought of summer." Since the kidneys are affected by fear, David was dealing with fear; The main purpose of the kidneys is to filter the blood and maintain the electrolytes balance in the body. David's suffered the effect of fear lodged in his kidneys because of his unconfessed sin. This is a true picture of how and what destroy our health. Sin is the link to all our diseases.

In sin we were born and in sin we live and die. Without God's unmerited favor, the destiny of mankind is hell. Sin, the foundation of all miseries coming to men, is dark, rooted in wickedness and evil and in iniquity. Finding room in the heart, it governs and controls it, keeping men separated from the forgiveness of God, when pride rises its head not to conform to God's laws. When the conscience accuses, sin makes sure to harden the heart to its destruction. Without God's forgiveness, men are lost forever. The prayer of David, when repenting of his sins of adultery and homicide shows a contrite heart acknowledging the iniquity of his sins. A contrite heart the Lord will not forsake. He said, "I acknowledged my sin to You (God), and my iniquity I did not hide. I said, I will confess my transgressions to Lord and then You forgave me the guilt and iniquity of my sin" (Ps. 32:5). Confessed sins brings much needed relief to the soul. David said, "blessed is he who has forgiveness of his transgression continually exercised upon Him; blessed is the man to whom the Lord imputes no iniquity and in whose spirit there is no deceit" (Ps. 32:1-2). Although, we were born in sin, we are responsible for our actions. Knowing what is right and not doing it, we commit sin. This is sin of omission. The Bible confirms in James 4:17: "Any person who knows what is right to do but does not do it, to him it is sin." The sin of omission is not without consequences. The consequences of this sin may cause us to regret, consequently, bringing us to repentance.

Our Lord YAHSHUA established the Covenant of blood, when He offered His life as a sacrifice to ransom us from the power of our sins. This opened heaven's door to all who receive Him as Lord and Savior to enter His presence at any time in repentance and contrition of spirit to receive His forgiveness. The apostle John says, "If we admit that we have sinned and confess our sins, He is faithful and just and will forgive our sins and cleanse us from all unrighteousness" (I John 1:9). When we are confronted with the voice of reason (conscience), we must submit to its accusation when we are harboring unconfessed sins. If not, it will silence its voice and we are

left with a hardened and unforgiven heart, leading us to diseases and spiritually handicapped. It is true that YAHSHUA has forgiven our past sins, but it is true also that we hold responsible to Him to confess and agree with Him that we have sinned in order to deserve His forgiveness. It is not asking for forgiveness that we are forgiven; it is by confessing our sins, naming them one by one that we receive the relief of His forgiveness. At the feet of the cross that He bore in our stead, it is a good place to start, if you have not yet accepted Him as your Savior and Lord. Forgiveness loosens the chains of guilt and iniquity. You can experience this freedom today and be free indeed. Whatever sin is holding you prisoner to disease, take to YAHSHUA and repent of it with confession, believing that He is able to forgive you of all your sins and cleanse you of all iniquity with His precious blood shed for you about two thousand years ago.