

"Confession is good for..."

Today's Reading
James 5:13-20



How would you complete the sentence that I started for you in the title for today's devotional? Confession is good for the...? The phrase we often use indicates that it is good for *the soul*. By that, we essentially mean we feel better when we admit our shortcomings to others. Our conscience is somehow lightened when we own our mistakes.

That is not the only upside of confession. The Bible points out still other benefits from accountability relationships with other people wherein sin is acknowledged. Today's passage indicates that...

- Confession can be good for *your health!* (vv. 13-16) There are times when personal illness is a direct result of personal sin. Now, you need to be careful with that information, lest you conclude that every little sniffle is the direct result of God's judgment on your life for a sin committed. Neverthe-

less, we should allow the Spirit of God to search us and reveal unconfessed sin. When we bring those things to the Lord, and sometimes to the prayerful awareness of others, it is always good! And, if there was a direct relationship between the sin and a specific sickness, God brings healing!

- Confession is good *for eternity!* (vv. 18, 19) There are potential risks and benefits associated with attempting to turn a wandering person to the Lord. The risk, of course, is the uncertain reception you will receive. But the potential benefits far outweigh the risk. The potential benefits include the possibility that the person will confess / turn from sin. As a result, the spiritual death of separation from God is undone and a multitude of sins are covered by the cross blood of Christ and are forgiven. Those benefits are eternal!

Whether evoked by the gentle concern from a brother or sister in Christ or by the Spirit's quiet prodding, confession is good! Is there something you need to confess to God today? If you gently help others to recognize their need for confession, you will find the benefit to be worth the risk!