

**October 20,2021**

**Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD.” And you forgave the guilt of my sin.**

**Psalm 32:5**



### **Caught In a Mess**

**This is a human condition that we all face throughout our lives and sometimes every day. This past week while hunting I got caught up myself in a mess of brush and fallen trees. I lost my hat and got cuts all over my body, I was thirsty, lost, and I was close to the road but I can honestly say that I was stuck with nowhere to go. And did I mention it was dark that's even worse considering there are big furry creatures that come out at night.**

**Sometimes in life we are faced with these similar types of scenarios. This could be a situation concerning something that happened at work or a misunderstanding between family members or close friends.**

**To admit or confess that we were wrong of what we said or did can help begin the healing process.**

**We all remember David's sin and his stubbornness to confess to God. But what about ours, right. What are we holding onto and not letting go to confess.**

**We can choose to let go and let God. Or we can bottle it all in and let it consume us to the point to that it starts to effect innocent people who have nothing to do with the real internal struggle's that we are dealing with. They are just simply in the way or even an easy target for our frustration.**

**Prayer:**

**Lord we come to you during this time of reflection in honor of your great sacrifice that has given us a new hope and a new life in you.**

**Help us to let go of the things that are holding us back to live a life fully and freely in Christ.**

**We take the fruit of the vine in honor of your blood that was shed on the cross and the bread as a symbol of your precious body that was bruised and beaten for our iniquities.**

**In your name we pray,**

**Amen**

