

Confessing and Cleaning

1 John 1:9

“Scrubbed: up”

As he looked up from the dentist's chair, that old clammy feeling spread from his knotted stomach to his tense shoulders and over his furrowed brow. Today, Dr. Ferguson was not going to drill, cut, pull, or even clean Dave's teeth. Today was for x-rays that indicated how much pain was ahead. Dave had ignored his teeth for twelve years, and his failure to have regular cleanings had led to serious decay. Destructive bacteria had lived for years under his gums, beyond the reach of the toothbrush or floss. Though serious infection had even taken some bone mass, Dave had felt nothing. Now he would need deep cleaning, surgery and good insurance.

Sin, like any biological infection, can be ignored. Yet the effects of neglect are undeniable and damaging. Sin can corrode the soul and without cleansing, can deal a deadly blow.

Confession is God's deep cleaning for sin. In his epistle, John writes, “If we confess our sins to God, he can always be trusted to forgive us and take our sins away.”

How does he clean us up? By the washing of the Word of God. God's Word runs deep into the very fiber of our being and cleanses us at the unconscious level of all unrighteousness. As with a serious infection whose effects cannot be readily seen, so it is with sin whose effects may go unnoticed. It is God's desire to free us from sins.

Reflection

Sin is not just an action; it is also a condition. And the “self-performed” spiritual deep cleaning is as futile a task as self-performed oral surgery. I need God to search me, to know my heart, to try me and know my thoughts, keeping in mind that he is faithful to cleanse and forgive me.

Accountability and Application

Pause and ask God to sort through your life. If he convicts you of a sin, ask him to cleanse you.

Prayer: Lord, I've neglected to confess many of my sins. And because I've not been keeping clean with you, sin has taken root. I'd like to deal with these sins. Please wash me clean. Dig up the roots and reveal the unseen areas. Help me to stay clean in you.

1 John 1:5-10

Walking in the light

⁵This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

⁸If we claim to be without sin, we deceive ourselves and the truth is not in us. **⁹If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.** ¹⁰If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.