

## Wednesday Devotional

06/24/26

Scripture: James 5: 13 – 19 (key verse 16)

### Admitting Ours Wrongs By Juanita and Dale Ryan

"I always kept everything in," Sue began. "It was like I had two lives. One that everyone saw, and one that only I knew about. Because of the secrets, I was full of shame and confusion. I expected it to be very painful to admit my wrongs. But, when I finally told everything to another human being, it was very different from what I expected. The person I told was not shocked; she did not shame me: she accepted me and told me she respected my courage and honesty. I felt like I would never be the same. Something changed inside."

Admitting our wrongs is a threefold process of confession. First, we admit our wrongs to God, then we admit our wrongs to ourselves, and then we admit our wrongs to another human being. This process can be a powerful life-changing experience. We all long to be known; to share the secrets that are so toxic to our souls; to experience the grace of being loved and accepted – sins and all. The spiritual discipline of confession provides the structure within which we can experience this grace in practical ways.

God invites us to the spiritual discipline of confession. "Confess your sins to each other and pray for each other so that you may be healed". Confession is an act of obedience to this Biblical imperative. It is an imperative with a promise of healing.