
PRAYER TO CARRY TODAY
HE LIFTS IT
THE MOMENT YOU SAY IT.
Lord, I've kept this to myself too long. I'm saying it.
I said, I will confess my transgressions to the LORD, and you forgave the iniquity of my sin.
PSALM 32:5 (WEBBE)
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PRAYER TO CARRY TODAY

THE WEIGHT OF KEEPING QUIET

Some mornings you wake up already carrying something you haven't told anyone. Something you did or didn't do, a regret you haven't spoken about. Keeping it quiet seems safer, but it grows heavier the longer you hold it.

David knew that weight. In Psalm 32 he describes how his silence wore him down, and then what changed: "I said, I will confess my transgressions to the LORD, and you forgave the iniquity of my sin." Notice how closely the second half follows the first. Forgiveness wasn't something he had to earn after confessing. It met him as soon as he spoke.

PRAYER TO CARRY TODAY

This morning, before the day gets busy, tell God plainly what you've been holding. Use simple words; He already knows. Then receive His forgiveness, and step into the day lighter than you woke up.

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SCRIPTURE

I said, I will confess my transgressions to the LORD, and you forgave the iniquity of my sin.

PSALM 32:5 (WEB)

A PRAYER FOR TODAY

Lord, I've carried this quietly and it's worn me down. I confess it now. Thank You that Your forgiveness comes as soon as I speak.

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