PRAYER TO CARRY TODAY

HOLDING IT IN?
LET IT OUT. HE FORGIVES.

Lord, I'm letting out what I've held all morning. Forgive it.

"If we confess our sins, he is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness."

1 JOHN 1:9 WEB

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PRAYER TO CARRY TODAY

SAY IT, THEN BREATHE

There's a particular kind of tired that comes from holding something in. You can get through the morning with it, answer people with it, even laugh with it. But it's there, tight under your ribs, making everything else a little heavier.

The word John uses for confess means to say the same thing: to agree with God about what happened, in plain words. It isn't a performance, and it isn't a payment. David knew the difference. While he kept quiet, he felt worn down; when he finally said it, he found God forgave. This promise doesn't wait for evening. He is faithful to forgive in the middle of a working day.

Take one minute in the next hour. Step outside or into a quiet corner, tell God plainly what you've been holding, then breathe out slowly and go back to your afternoon.

PRAYER TO CARRY TODAY

SCRIPTURE

If we confess our sins, he is faithful and righteous to forgive us the sins and to cleanse us from all unrighteousness.

1 JOHN 1:9 (WEB)

A PRAYER FOR TODAY

Lord, I've been holding my breath around this all morning. Here it is, out in the cold air. Forgive it, and help me breathe.