

1 John 1:8

"If we claim to be without sin, we deceive ourselves and the truth is not in us."

Sin. Let's be honest, who really wants to talk about sin, yet meditate on it for the next ten minutes or so. But during this season of Lent, how can we not think about sin. Our own sin nailed Jesus to a cross. He bled and died for my sin. He bled and died for your sin. What is sin? It's rebellion against God. Sin in so many ways says I know better than God. In fact I am God. It's that innate selfishness and

self-centeredness that we often prefer. "The results of our sin lie all around us in our broken relationships, broken communities and broken nations." Hudson

1 John 1:8 says "If we claim to be without sin, we deceive ourselves and the truth is not in us." This one verse packs a whole lot of punches. First, we claim to be without sin. Who likes to admit they are sinful? Especially when we live in a culture that thinks we are "good" people. Admitting sin, brings shame and embarrassment. It means admitting we are not "good" people. It means we aren't God. But John says we deceive ourselves. He says we are lying to ourselves.

So when we read that Jesus takes on the sin of the world while He is on the cross, think of what that must have felt like for Him. Everyone of your sins, everyone of my sins, everyone's sin. Sit with that for a minute.

But look what John says in verse 9, "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." Being an authentic Christian isn't a life where you don't sin, but you confess it, you don't hide it. God's extravagant love for you goes so far to offer the sacrifice of His son Jesus, for your sin. Confession and forgiveness go hand in hand. Because of our confession and God's forgiveness we are made right with our heavenly Father.

As we close, let's pray this prayer of confession:

God of everlasting love,

we confess that we have been unfaithful

to our covenant with you and with one another.

We have worshiped other gods: money, power, greed, and convenience.

We have served our own self-interest

instead of serving only you and your people.

We have not loved our neighbor as you have commanded, nor have we rightly loved ourselves.

Forgive us, gracious God,

and bring us back into the fullness

of our covenant with you and one another.

Through Christ, our Lord. Amen.

Daily Practice:

Take some time today with the Lord in confession. Be specific, let His holiness wash over you to purify you. Another way for the love of Christ to flow through you is to extend forgiveness to someone who has hurt you. Think of a person today to whom you might offer forgiveness. How can you show the love of Christ to this person?

The below reflections are written by congregants & staff of CPC. All reflections are following Trevor Hudson's book Pauses for Lent and are both heavily influenced and borrowed from his work. Any quotes without attribution should be credited to him.