

## When Our Hearts Condemn Us

### Scripture Reading — 1 John 1:5-2:2

*If anybody does sin, we have one who speaks to the Father in our defense--Jesus Christ. 1 John 2:1*

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Building on yesterday's devotional reading, we have to ask ourselves, "What if our hearts do condemn us?" What do we do when we find the sin that taints us and separates us from God?

If our desire is to grow in our walk with God, then we need to deal with our sin. We need to take it to the cross. We are to take it to Jesus and run our "tainted blood" through the "dialysis" of his forgiveness.

But what exactly does that mean? What do we need to do?

We need to repent and ask God for forgiveness. And in his grace God promises to forgive.

Repentance isn't quite the same as confession. Confession is admitting to something without really saying what you will do about it. Repentance, however, recognizes that what you are confessing is a problem. In repentance you honestly acknowledge the need to be forgiven and receive help. Repentance means genuinely saying, "I'm sorry; please forgive me and don't let this stand in the way of you and me. Help me."

God promises forgiveness if we belong to him in Jesus and take our sin to him. The result is that things will be well again between us and God, and then our hearts will no longer condemn us.

That's the way God wants it to be.

### Prayer

*Lord Jesus, repentance is hard because it means dealing honestly with my guilt and then working hard to change. Help me fix my eyes on you to lead me through. Amen.*

Devotion topics: [Life](#), [Christian Life](#), [Seeking God](#)

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