

Anguish Over Sin

For I will declare my iniquity; I will be in anguish over my sin.-- Psalm 38:18

Have you ever felt defeated in regards to some area of your life? I know there are times in my life that I have tried very hard and I just can't seem to do right. I believe that was the state the Psalmist when he wrote Psalm 38:18.

In the preceding verse David states, "*I am ready to fall, and my sorrow is continually before me*". Things seem pretty hopeless to David. He can't escape the sorrow over his situation. His sorrow consumes him and he believes that he is just about ready to plummet into an even worse condition. Today we would say David suffered from severe depression.

I can't be definitive about David's motivation but I assume that he was extremely troubled and realized that the only help he could receive would come from the Lord. His response was to his confess his sin. This is not a light statement of things he might have done wrong. It is a cry of distress that came from extreme pain. He is tortured and miserable because he has failed the Lord.

David's response seems quite different than what we see among many Christians today. I trust that for each of us, when we sin before God, we will not take it lightly or excuse it, but will anguish over it. And like David, may that anguish drive us to confession and a seeking of forgiveness.