

3 For when I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah

Psalm 32

5 I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. Selah

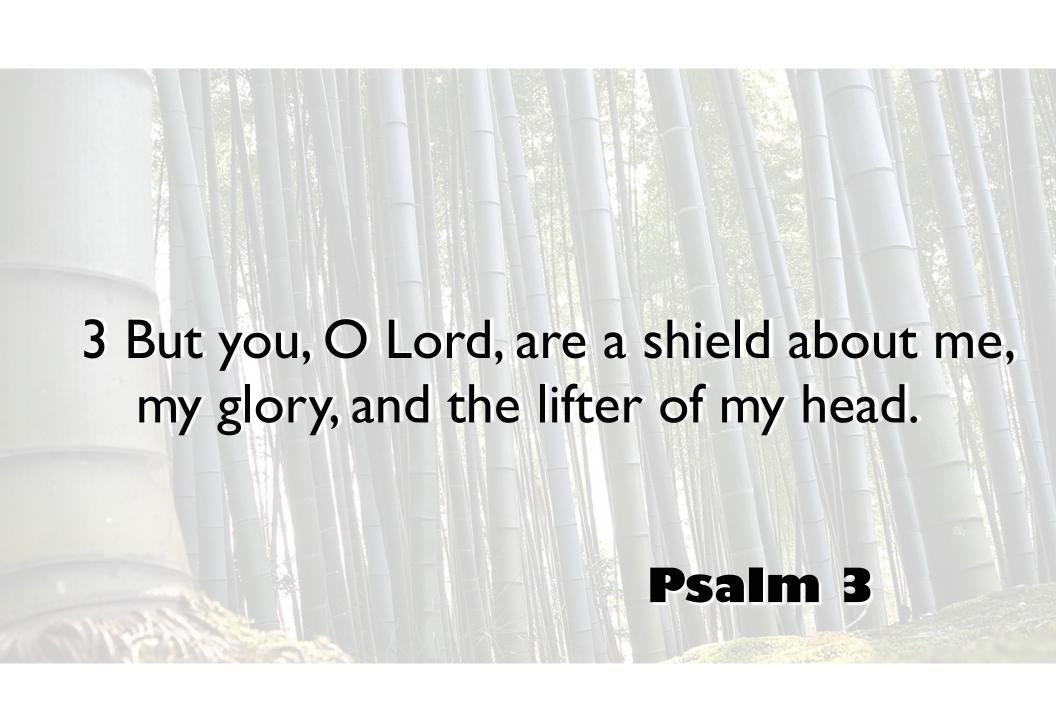
Psalm 32

Watch and pray that you may not enter into temptation. The spirit indeed in willing, but the flesh is weak.

Matthew 26:41

10 For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

2 Corinthians 7



5 This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. 6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth.

1 John 1

7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. 8 If we say we have no sin, we deceive ourselves, and the truth is not in us.

1 John 1

9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. IO If we say we have not sinned, we make him a liar, and his word is not in us.

1 John 1

16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

James 5

13 Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Proverbs 28

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