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Telling the Lord All About It: Renewal and Reconciliation Through Confession

A Commentary by Jason Curry



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I remember when my son Samuel was about three years old. His current, six-foot frame was only about two feet tall, and the Teletubbies and Muppets were his films of choice. We had just finished celebrating his third birthday, and we left a portion of the cake on the table until the evening hours. We eventually told Sam to go to bed, and that he could eat some more cake the next day. About fifteen minutes later, we heard a chair fall in another room. When we arrived in the kitchen, we saw him standing next to the cake with a face full of icing. He was clearly unharmed, and it took everything within us to keep from smiling because we saw that he had been secretly eating his delicious birthday cake! While holding back grins, and attempting to be disciplinarians, we said: "Samuel, have you been eating the cake?" After twenty seconds of silence, and a guilty face full of vanilla frosting, the moment of confession finally came: "Yes, I ate the cake." Before the he could wipe the

icing evidence from his face, we said: "Ok, Sam thank you for telling the truth. You shouldn't have eaten it, but you can go to bed now." The moment which had caused so much anxiety for him was now over, and we soon learned that it was now onto secret cookies, hidden sodas, and the concealment every other edible treat that could fascinate the mind of a little boy!

Human beings have a need to confess. Some psychologists would argue that a Freudian slip represents an instance in which someone feels the need to confess the truth about something. Some crimes are solved because people have an inner desire to confess about the mischief that they've done. However, confession, for the Christian, is more than an act that relieves stress and anxiety. Confession is a spiritual process by which you and I have an opportunity to gain a closer relationship with God by disclosing the sins we have committed, by thought, word and deed. Yes, confession is a necessary factor in that

divine and metanoia process by which burdens begin to lift and shame begin to flee because we have dared to talk to a forgiving God that still looks beyond our faults and see about our needs. Indeed, one of the greatest theologians in the world, St. Augustine, talked about how God delivered him from a life of lust and sin in his book titled *The Confessions*. Through confession there is both renewal and reconciliation with God. So when we "go into our closet to pray (Matthew 6:6)," let us be sure to tell the Lord all about it.