

Sermon Starter – Confession: Cleanse Me from My Sin

Psalm 51

This sermon provides an opportunity to explore the true nature and purpose of confession. Literally meaning “truth-telling,” confession invites us to be honest about who we are. Because we cannot be cleansed and healed until we confess our need, confession is essential for spiritual health—both individually and corporately. The good news is that when we speak the truth and name the distortions and weaknesses in our lives, God graciously offers forgiveness, remembers our sin no more, and creates a new heart and mind—a new being. Cleansed and refreshed, we celebrate God’s goodness and mercy and live in freedom and peace. Note that Psalm 51 has often been set to music; singing our prayers of confession can be a powerful way of experiencing penitence and forgiveness. (For more background on confession, see *Liturgy of Liberation*, by Theodore Jennings [Abingdon, 1988]).

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