

Let's Talk CHANGE DEVOTIONALS



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TELL IT ALL

Dr. Vanessa Dantzer Ussery | August 31, 2016

As children it was considered taboo to be a tattler. If you wanted to be unpopular be the one that told on someone who did something wrong. In worldly circles it is considered to be a major dishonor for people to 'squeal' on someone. This type of thinking has been elevated as appropriate by many. I remember as a child when my sister and I disobeyed our parents; because I was saved it was hard to sleep at night. I felt so guilty. I would get up and go to my parents' bedroom and tell it all. My sister wasn't saved back then and it would infuriate her. She said I had a 'big mouth.' However, once I cleared my conscience I could sleep like a baby. It felt good to tell it all and not carry the guilt.



Psalm 32 deals with this issue of telling it all. This beautiful psalm encourages us to tell all our sin to the Lord as it benefits us in the end. The psalmist describes in verse 3 that when he did not confess, "tell it all," 'his bones wasted away through my groaning all the day long.' To me my insides felt like they were churning and my mind could not relax and feel free or comfortable. The haunting thought of guilt caused me to feel sick. Confession made me feel well, whole, and free again. The Lord graciously forgave me every time. It is always best to tell it all to Jesus for as we remain open and honest about ourselves to Him deliverance and forgiveness remain available. I like how the Psalmist shares that the Lord gives good advice and talks straight to us. God does not want us to be ornery (stubborn) like a mule or horse that needs a bit to control which way it goes. Our God reveals that those who are not open and honest with him suffer more sorrows. When we tell it all to Him we receive compassion, mercy and loving-kindness (verses 8-10).

This great Psalm describes it as having honest hearts in the Message bible version because we tell on ourselves to God all the time. It's okay to tattler on yourself to the Father. Besides, He knows anyway so you are not disclosing a secret to Him. We are really providing a pathway to our own spiritual well being and health. Telling it all to Jesus about our sins/faults is spiritually therapeutic. It sends our sins before us as opposed to our sins following behind us. Our sins will not be remembered by the Lord and He never washes your face with it at any time. That's why the Psalm ends saying to "Celebrate GOD, Sing together---everyone! All you honest hearts, raise the roof!" (verse 11, Message Bible)

Are you an honest heart? If you **tell it All** to the Lord you are. If you shy away from having an honest heart then change your pattern today and tell on yourself, shame the devil and then CELEBRATE YOUR GOD!!!!

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