

## His Word Today

### **SERMON: “The Freedom of Being Fully Known”**

#### **Psalm 32:5 — Step 5 (AA)**

**Theme:** Confession, honesty, and the healing power of spiritual transparency.

#### **Introduction: The Weight We Carry**

Every one of us knows what it feels like to carry something inside that we don't want anyone to see:

A secret.

A regret.

A wound that we caused.

A truth we've been avoiding.

We tell ourselves, *"I'll deal with it later."*

But later never comes.

And the weight grows heavier.

Step 5 speaks directly to this human experience, it states that we:

**“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”**

This step is not just a recovery principle—it is a deeply biblical one. And Psalm 32:5 captures its heart with stunning clarity:

*"Then I acknowledged my sin to you and did not cover up my iniquity.  
I said, 'I will confess my transgressions to the Lord.'  
And you forgave the guilt of my sin."*

Today, we're going to talk about the freedom that comes when we stop hiding and allow ourselves to be fully known.

## 1. Confession Begins With God

David says, *"I acknowledged my sin to You."*

Confession is not informing God of something He doesn't know.  
It's agreeing with God about what He already sees.

God is not shocked by our sin.

He's not surprised by our failures.

and He is not disgusted by our humanity.

He invites confession because He wants a relationship, not a performance.

When we confess to God, we step out of the shadows and into His healing light.

We stop pretending.

We stop managing our image.

We stop running.

And in that moment, grace meets us.

## 2. Confession Requires Honesty With Ourselves

This step in recovery says we admit our wrongs *"to ourselves."*

This is often the hardest part.

We can lie to others.

We can lie to God.

But the most dangerous lies are the ones we tell ourselves.

Self-honesty is the doorway to spiritual clarity.

When we finally say,

**"This is who I've been. This is what I've done. This is the truth,"**

something very powerful happens:

Shame loses its grip.

Denial loses its power.

The fog begins to lift.

You cannot heal what you refuse to name.

You cannot surrender what you refuse to acknowledge.

You cannot grow past what you refuse to face.

God does not heal the person we pretend to be.

He heals the person we actually are.

### **3. Confession to Another Person Breaks the Isolation that we feel.**

This is the part of Step 5 that scares people the most:

**“...and to another human being the exact nature of our wrongs.”**

Why, you ask?

Well its because secrets grow in silence.

Shame thrives in isolation.

Addiction feeds on hiddenness.

But when we speak our truth to another person—

maybe your pastor, or a trusted friend—

something supernatural happens:

The power of secrecy breaks.

The lie that "I'm alone" dies.

The fear of being unlovable dissolves.

God often uses another person to deliver the grace we cannot receive alone.

James 5:16 (NIV) says,

*"Confess your sins to one another and pray for one another, that you may be healed."*

Forgiveness comes from God.

Healing often comes through people.

#### **4. Confession Leads to Freedom, Not Condemnation**

David ends the verse with this promise:

**"And You forgave the guilt of my sin."**

Notice this:

not just the *sin*,  
but the *guilt* also.

God doesn't just wipe the slate clean.

He lifts the emotional weight.

He breaks the spiritual chains.

He restores the joy that hiding stole.

Confession is not humiliation—it's liberation.  
It's not punishment—it's release.  
It's not exposure—it's healing.

The enemy wants you to hide.  
God wants you to be healed.

## **5. The Cross is What Makes Step 5 Possible**

The reason we can confess without fear is simple:

**Jesus already carried the shame we're afraid to face.**

He took our sin.

He bore our guilt.

He absorbed our punishment.

He opened the door to forgiveness.

So when we confess, we are not walking into judgment—

we are walking into grace.

The cross is the guarantee that honesty will not destroy us.

**It will free us.**

 **Conclusion: The Invitation**

Today, God is inviting you to stop carrying what He never asked you to hold.

You don't have to hide anymore.

You don't have to pretend anymore.

You don't have to manage your image anymore.

Bring your truth into the light.

Tell God the whole story.

Tell yourself the truth.

Tell another person the exact nature of your wrongs.

And watch what God does.

Because freedom is not found in perfection.

Freedom is found in honesty.