

## **Yadhah, Yadhah, Yadhah** **[Deeper Sheet 7.19.09]**

Read Proverbs 28v13

The word *confession* elicits the image of a priest in a booth: "Forgive me, father, for I have sinned." But the word is fraught with meaning. The Hebrew word for confession is "*yadhah*". It means, "to speak, throw, to cast out, to recognize or declare." In Greek, the word is "*exomologeō*", meaning, "to say the same". There is a spectrum of what it means to confess.

In some cases, confession is simply saying the same thing. Groups of people gather together and affirm something that is true, good, or right, and in doing so they are confessing. Other times, confession is simply speaking the truth of what's inside us. It can be as simple as owning up to our confusion: "Can you repeat that again? I'm still confused." Deeper still, confession is releasing the pressure. Concealing our inner reality requires vast amounts of energy—every tactic we use to conceal builds pressure and tension, and the pressure builds and builds until it blows up. Confession is releasing the pressure before the explosion.

The proverb suggests that confession is a way of leaving: being loosened or set free from the things that we work so hard to conceal. There is a kind of slavery involved with a life of hiding, concealing, and keeping the truth of what's inside covered up. Keeping our sin hidden is a way of living at the mercy of that which is merciless. Yet for those who are willing to risk the counter-intuitive act of confession, there is "*racham*".

*Racham* is Hebrew meaning "to soothe or to cherish". The word is used in Isaiah 49v15, referring to the love of a mother toward her child, and in Psalm 103v13, describing a father's compassion for his children.

*Racham* is the soothing touch of God's hand as we heave up our junk and find that after it's all over we're still standing. To keep silent, to hold it in, to keep going along with the cover-up—is to die slowly from the inside. Psalm 32v15 says it plainly: "When I kept silent, my bones wasted away." Confession releases the pressure, sets us free from slavery to our sin, and lands us in the soothing, compassionate love of the Father.

What are you afraid might happen if you confess?

What is needed to create safe spaces where people are able to confess and be confident in *racham*?

What are you concealing and hiding that you need to get off your chest? How do you feel enslaved by it?

Practice confession this week by casting out, either to God or to another person that you trust, the stuff you've been concealing. [To learn more about how to practice confession, check out our Spiritual Practices Reader at [marshill.org/teaching/sp](http://marshill.org/teaching/sp).]