

**10. Psalms 119: 73-80**

- a. Principle #10: **Rule #6:** *After discipline comes comfort.*
- b. Practice #10: Confession is good for the Soul.
- c. Explanation: Only the coach (God) disciplines. Others don't need to sit in judgment or condemn us. If they do He will deal with them we don't have to. After He disciplines us for wondering away He comforts us. The Holy Spirit convicts us of our mistakes, wrongdoing, and sin. With conviction comes discipline. After discipline comes forgiveness and restoration. God loves us and wants to show us His "tender mercies". "When we confess our sins one to another He is faithful and just to forgive us our sins and cleanse us from all unrighteousness." He loves to love us, but first He must bring us into right relationship with Him. Actually He even loves us when we are not in right relationship with Him; it just doesn't feel like it. But after He corrects us He puts His arms around us and comforts us. Now that feels like love.
- d. Application: What do I need to confess this week so I can be comforted?

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e. Signature \_\_\_\_\_ date \_\_\_\_\_