

Play "Where's it hidden?". Have one student leave the room while others hide a penny or other small object. The seeker tries to find the item...can get clues from the hiders. Do a couple times with new seekers.

Was the item easy to find all the time? Do you think we could hide something like a real elephant in here?

Have you ever tried to hide a gift for someone or keep what you got them a secret? Was it easy? Usually we have something to hide or a secret to keep, that is all we can think about and it can be really hard not to tell.

Let's think of this in a slightly different way. Have you ever done something that you knew was wrong and then tried to hide it? How did you feel while trying to hide it?

In Psalm 32, David talks about how he felt when he knew he did something wrong. *Read Psalm 32:3-4. "When I kept silent, my bones became brittle from my groaning all day long. For day and night your hand was heavy on me; my strength was drained as in the summer's heat. Selah".*

David tried to hide a sin, but it was heavy on his mind. He felt it physically.

It reminds me of a time when I went to the movies with some people. I didn't know anything about it before going. After it started, I realized it wasn't one I really needed to watch. But I was riding with these people and didn't get up and leave....although I really should have. The rest of the night and all the next day, I felt terrible. I knew I shouldn't have watched it and felt all kinds of guilty about it. I almost felt physically sick.

Even though I felt bad (and David felt bad) for sinning, do you think I could have hidden that sin like we hid the coin earlier?

Psalm 139:1-4 says, *"LORD, you have searched me and known me. You know when I sit down and when I stand up; you understand my thoughts from far away. You observe my travels and my rest; you are aware of all my ways. Before a word is on my tongue, you know all about it, LORD."*

God knows what we do and what we think. So we can't hide sin from Him! He already knows. So what should we do about it?

Psalm 32:5 says, *"Then I acknowledge my sin to you and did not conceal my iniquity. I said, 'I will confess my transgressions to the LORD,' and you forgave the guilt of my sin. Selah"*

We need to recognize our sins ourselves and, instead of trying to hide it, confess to God. But **#TargetPractice: What is the purpose of confessing our sins** if God already knows about them?

When we confess, we are acknowledging to God that we realize we did wrong and are asking for His forgiveness. But we don't need to stop there. True confession/repentance also is showing our desire to make a change. You are seeking for God to lead you in the right way.

Going back to when I went to the wrong movie, I felt terrible until I confessed to God and asked for His forgiveness. I immediately felt peace wash over me. I also asked for His help for the future. As a result, I only went to the movies one more time with those people but was more aware of what we saw the next time.

Psalms 32:1-2 says, *"How joyful is the one whose transgression is forgiven, whose sin is covered! How joyful is a person whom the LORD does not charge with iniquity and in whose spirit is no deceit!"*

Is confession and asking for forgiveness something we only do one time and then we are good? Have you only ever made one mistake in your life? No. The first time we confess and repent to God, He washes our hearts clean. We are 'born' into His family. However, we will still continue to make mistakes throughout our lives because we are human. We are not perfect and sinless. Only Jesus was.

Yet, all it takes is for us to come to God again with a humble heart, confessing and repenting. God will forgive you. (But that doesn't give you a free ticket to do whatever you want because you know He will forgive you. Part of confession, remember, is desiring to be changed by God.)

Pray