

CONFESSION

*Confess your faults one to another,
and pray one for another,
that ye may be healed.*

*The effectual fervent prayer
of a righteous man avails much.*

James 5:16

Before Grandmama prayed for us,
she always made us confess.
She understood
sin-sickness
can *cause* sickness.
Confess,
and be healed.

How can the daily practice of confession to God be an ongoing part of healing your spirit? Write about it.

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