

(Clip) How to be free from Anxiety and discouragement

by Zac Poonen

This sermon emphasizes the importance of immediate confession of wrongdoings to God and to those we have hurt, without hesitation or blame-shifting. It encourages a humble attitude of taking responsibility for our faults, regardless of the percentage of fault, and seeking forgiveness promptly. The speaker shares personal experiences of seeking forgiveness from various individuals, highlighting the freedom and peace that come from a clear conscience and a heart free from grudges. The message also stresses the significance of starting each day with a brief moment of prayer and thanksgiving to God, fostering a peaceful and joyful life.

Duration: 1:48

Scripture: Proverbs 28:13, James 5:16, Matthew 5:23, Colossians 3:13, Psalm 51:10, Philippians 4:6

Topics: "Confession", "Forgiveness"

Description

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Transcript

Whenever you do something wrong, immediately confess it to God, immediately confess it to the person whom you hurt, your wife or anybody. I'm sorry, that was my fault. Never be hesitant to say, that was my fault.

Don't say that was my fault, but you also did something wrong. No, don't say it like that. That was my fault.

If your fault was 10%, the other person 90%, forget the 90%. I was at fault 10%. I said, Lord, I want to be quick to confess my sin to you and to man, to ask forgiveness.

I've asked forgiveness from unbelievers. I've asked forgiveness from people who are younger than my youngest son. I have no hesitation because the only person who hesitates is one who thinks he's perfect

and I'm not perfect.

No. So if I do something wrong, settle it immediately. There are little principles you can learn in life.

When I go to bed at night, I know I have nothing in my heart against anybody in the whole world. I love them all. When I wake up in the morning, I say, thank you, Jesus.

My first thought is, Lord Jesus, I want to talk to you. Begin your day like that, even if you have only a few minutes, even only one or two minutes. Begin your day like that.

One or two minutes with God is a wonderful way to begin your day. That's what I've done in my life. I'll tell you honestly, I'm not exaggerating.

My life has been extremely happy, restful, free from anxiety, free from fear, free from discouragement to which I was a slave. Don't make demands on other people. Don't make demands on your wife.

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