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## Confession Gives You a New Life

We are all imperfect human beings. Only God is perfect. Since we are imperfect, it is natural that we are always prone to err, commit mistakes, offend others and hurt them emotionally. God made us imperfect and prone to err. He also ordained ways of our redemption. And the best way of redemption is to confess our errors, mistakes, aberrations, pitfalls and expiate. It is best to confess and apologise to the one whom we have hurt or harmed by our error, mistakes, guilts and any other aberration on our part. One who confesses and apologises does not grow less in height, dignity and social estimation. Such a person is elevated to a high pedestal, for to err is human, to forgive is divine or we may say : to confess and to apologise are divine. Confession leads to the healing of wounds of the person wounded or injured emotionally by our negative behaviour or any other fault on our part. The Bible glorifies the attribute of confession and apology. The world would be a better place to live in if it is populated by persons who do not shy to confess and apologise. Really confession gives us a new life.

What do we do when we have blundered, offended some, filled our waking existence with guilt and misery ? We often commit serious mistakes in our dealings with others, and our greatest fault is not to be aware of it.

What do we expect when we are terribly hurt by the misdeeds of other people ? We expect that the person concerned should come to us, confess his guilt and apologise. If this happens, most of the ill-feelings and grievances are redressed or washed off.

When we are the person making the mistake, then why should we not go to the person concerned, confess the mistake and apologise. In most of the cases, we shall get forgiven and the mistake on our part could be condoned. Here is a glaring example. "How did you pass M. A. ?", said the simple matriculate superintendent. The assistant feeling injured retorted, "you will know it when your children do so." The superintendent got unusually quiet and serious. He packed up his files and went home. The young man was told by one of his co-trainees—this gentleman has no issue and you have touched the weakest point of the superintendent. The young man went straight to the superintendent's house, confessed his mistake and apologised. The superintendent was awfully moved. He not only pardoned the young man, but also confessed the mistake on his part. After that, he never tried to chide any fresh trainee. He realised that academic studies are quite different from the routine work of an office. Needless to add they became friends and displayed goodwill throughout life. So, the best thing to do after an altercation or scuffle is to confess the mistake, finish the matter and begin with a clean slate. But more

often than not, it does not happen. Most of us let ill feeling and jealousy fester inside us. This further aggravates the situation. This tends not only to affect relationships, deep resentment can also affect adversely the physical and mental health.

The best way to begin the healing process would be to, first to admit that one has made a mistake, and second, to set about making amends and begin by talking about it openly. As human beings, we are far from being perfect, so it is only natural that we err. "Our glory consists not in ever falling, but in rising every time we fall", wrote Goldsmith. But here a word of caution. The confession should be real and not superficial or as a matter of formality only.