

# Clean Hearts

If we confess our sins,  
God is faithful and just to  
forgive us and to make  
our hearts clean.

*(1 John 1:9 paraphrased)*





There are times when we do something wrong, and we don't want other people to know about what we did.



Maybe we broke something or told a lie, and we feel bad in our hearts about something that happened, but we are worried about what might happen if we admit it.

When we hide our sins, it makes us feel bad. Having a sin hidden in our heart is like having a dirty heart, and that makes us sad.


Jesus wants us to “confess our sins.” That means being truthful to others when we’ve done something wrong, and asking for forgiveness.

When we are truthful about our mistakes, Jesus forgives us and makes us happy again. Then we can try again to do better next time.






# Action



Look for something that needs cleaning—a dirty dish, a table top, or window—and wash it clean with soap and water. Doesn't it look better now? That is what it is like when we are sorry for what we've done and ask Jesus to forgive us for our mistake. He makes our hearts clean again.



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