

Admit Sins and Feel Better

Even Bible heroes like David sinned. This psalm tells how David felt when he did wrong.

Read Psalm 32:3–4. Can you think of three times when you did something wrong and felt very bad, as David did?

Psalm 32:5 tells what David did to feel better. He admitted (confessed) his sin to God. Then God forgave David, and he felt better.

Ask your mom for some nail polish, and paint one side of a quarter red. The red represents sin and the unhappiness we feel when we've done something wrong. The shiny other side represents admitting sins to God and being forgiven. Flip the coin. Any time it comes up red you can turn it over, to remind you that whenever you sin you can confess your sin to God and be forgiven.

Live It!



Psalm 32:3–5