

How many of you have ever seen the TV show called EXTREME MAKEOVER? Ever heard of it?

This show can actually be surprisingly moving because of the profound change that occurs in people's physical appearance, and their reaction, and their families reaction to it. This show is not about superficial cover up jobs. All of these folks tried the cover up jobs on a superficial level first...getting new Make up, trying a different hair style, a better razor, or a different parting of their hair.

They had tried tweaking things about their physical appearance...and it just didn't matter. They were teased, ridiculed, many of them for most of their lives for physical features that just made them unappealing for one reason or another.

These folks go into the extreme makeover process committed... expecting to be changed in a more profound way. And they are willing to suffer for this change.

It might involve surgery, reconstruction, diet, exercise.

Some of these processes might be fairly costly or painful....but they want change so badly they are willing to do anything.

The show is watched by millions of people, and it's swamped by folks who would like to be a part of something like this. Everybody wants a makeover.

I'll show you a few pictures.

Look at how dramatic these changes are. You can hardly believe it is the same person, right? **(SHOW IMAGES)**

The climax of this whole process is when the new you gets presented. Everybody who loves you is gathered there...spouse, friends relatives, workers. Then there is this unveiling. Now I present...This made-over person comes out. Very often they'll look in the mirror and they'll just be in tears. People can't believe the difference.

These people actually expect to be transformed. If they didn't look any different at the end of the process than they did at the beginning, they

would want to know what went wrong. They would want all that money and effort Back! Transformation is expected!

We are in a series on the Psalms and today we are going to talk about Psalms of Confession. We are looking at Psalm 32 today that is the second Psalm of Confession in the Book of Psalms. And David is telling us in this Psalm that when we confess our sins, we can expect transformation...an extreme make over...not on the outside this time... but on the inside...because of God's amazing grace. Sometimes it might be painful, and involve some hard work on our part too. But the change is extreme, wonderful and the goal is that we begin to look more and more like Jesus....

I didn't know until last week that the Pierce's were going to sing this amazing song on COURAGE for Father's Day, which was just was wonderful – thank you so much. And we had scheduled Psalms of Confession for this day way ahead of time, but the Lord continues to work in bringing things together for this worship service.

And as I thought about it, what a perfect fit (!) because it seems to me that one of the most courageous things we can do as fathers, mothers sisters, brothers...as God's people is to enter into true confession. True confession from the heart is not easy. It is a courageous act...

As much as going into that extreme makeover process is not easy...and takes courage because there is pain, and money, and diets, and regimens to follow. So the process of confession takes courage...

Why? Because it means that we have to look at things we would rather not see. It is so hard sometimes for us to own our own stuff.

A colleague of mine shared a story that happened when he was eight or nine years old. He was in the house playing with his brother while his parents were out. Boys being boys, they decided the best game to play inside the house was tackle football, because there are expensive lamps and stuff that can help break your fall. In the midst of the game, one of them threw the ball so hard it hit the wall and went through the wall, leaving this huge hole.

At this point they really had two options:

Option A, they could own up to it. They could be honest, take some responsibility. Or option B, they could try to cover their tracks, try to hide what they had done. So

which option do you think they chose? Option B, of course. They did it very creatively. They took some paper, they colored it the same color as the wall, and they glued it on the wall over the hole.

They moved

a plant in front of the hole, and moved a chair in front of the plant. Had a little eight year old interior design moment right there.

What was really fascinating was they actually believed they could get away with it. They actually believed that when Mom and Dad came home, they would say, "Wow! Look at the amazing way you've rearranged our living room. Way to go, guys! Way to be so creative."

How many of you think that's how it

turned out? Not so much, right? But super-creative response. Kids come up with some of the best cover up schemes, the best ways of trying to hide their tracks, cover up a mistake.

Isn't it great that people

outgrow this kind of behavior?

Did it fix the wall...the cover up scheme? No....

As much as the superficial tweaks like make up or a different part in the hair didn't do it for someone who needed major facial reconstructive surgery.

Covering stuff up doesn't work. It doesn't deal with the underlying problem.

When it comes to our faults, or our failures, when it comes to mistakes we made, wrongs we've committed,

We are often just as quick to want to cover up, like those little boys... to want to deny, to want to avoid, to want to blame someone else. Even people who say of themselves, "I'm a really good person, and I've really never done anything that bad or that wrong," even people like that work

just as hard to hide their mistakes, to shake off feelings of guilt or shame, to cover up things they've done.

Not really look at the problem and deal with it in a way that creates true change.

It is sometimes so difficult for us to say "I am sorry. I made a mistake. Please forgive me." When was the last time you said that? Let's say that together right now. It's a good thing to practice saying this over and over so we get used to it...whether to God or to one another..."**I'm sorry. I made a mistake. Please forgive me.**"

If you look at Psalm 32 you will notice an interesting thing. There are two places where David talks about "**cover-ups**" but they mean very different things. The first one I want to point out is in verse 5...where David says

"...(when) I acknowledged my sin to you and did not cover up my iniquity...you forgave the guilt of my sin."

When I did not do the cover up...when I confessed, got real, looked inside, saw what was there, showed you Lord...acknowledged the sin in my soul that needed to be recognized, and dealt with.....**YOU FORGAVE ME.** You changed me. You set me free from the bondage of sin through your forgiveness.

In contrast, in verse 1 David declares...**Blessed are those whose transgression are forgiven; whose sins are covered...Blessed are those whose sin **THE LORD** does not count against them and in whose spirit is no deceit"**

Do you see how David is playing with this concept of "cover up". **I am guilty when I try to cover up my own sin.** When I tape up paper, and move a chair and a plant over the brokenness, the hole, this sin in my life...when I try to fix myself, put on make up, part my hair differently when I really need a complete transformation...and extreme makeover in my soul...I "cover up" by denying, projecting, blaming others, refusing to look inside...

But when I have the courage to come clean, acknowledge my sins, and refuse to do the cover-up move on my own strength and by my own tactics ...**YOU DO AN EXTREME MAKE OVER ON MY INSIDES!...YOU FORGIVE ME!**...and when you do that...**YOU COVER MY SINS for me** by

your GRACE. And the Lord's cover up job is not superficial like our cover up job would be...its transformational.

David is saying...When you O God cover my sins....when **you** do it....not me...its the only way my sins can be covered that brings true change....and healing in my soul. God is the God of the EXTREME MAKEOVER in here.

David is saying...When I do the cover up...like Adam and Eve who hid themselves because they were naked...., it is deceitful to myself and to you O LORD. I add to the sin that's already there by lying about it....not coming clean. And I separate myself from You O God even more.

But...When I have the courage, humility and honesty to come clean and get real with you O Lord...David says....you see it all and forgive it all and change me from the inside out. Then there is no deceit...there's just your grace.

Its easy to talk about getting honest with God and others. Its hard to do. I can be so stubborn sometimes about my own failures and so reluctant to come clean.

I got home last night from work, and I was in a bad mood
The funny thing was, I was convinced I was just fine. I was in a great mood I thought. It was everyone else who was wrong.

I should have got a hint when

My kids came up to me and said, "Mom, why are you mad?"

What do you mean? I'm not mad! (I spat out.) Why should I be mad?

Daddy's just making a mess in the kitchen that's all."

Mom...he's cooking...

"Same thing..."

"Mom...you are in a bad mood."

"No I am not! I am not in a bad mood."

"Yes you are. You are talking that way that you talk when you are mad..."

"Its you who are talking to me. You are pushing my buttons....I was fine until everyone started taking my temperature! What's the problem with everyone?"

Was it little wonder that I found myself alone in the living room real fast while everyone else went into the family room until I could admit that I was exhausted...and that yes...I was in a bad mood.

I needed to come clean, apologize, and take a nap.

But for 45 minutes I refused to admit that.

Psalm 32:9 is a great verse...

“Don’t be like the horse or the mule which has no understanding but must be controlled by bit and bridle or they will not come to you.”

I ride horses. I know about them...

Every so often I take a jumping lesson. I don’t jump that high...Maybe about 2.6 or something like that. But it feels like I am flying over the moon. And I have this great horse that does everything I ask it to do with just a movement of my head, or a tap of my heel. We work in tandem in the ring and with one simple motion from me the horse complies.

But theres one little detail I left out here...this horse has a bit and a bridle. And I carry a crop – it’s a short whip. **(Picture?)** There is no way this horse, who by the way is named REBEL, would comply otherwise.

(picture of dark thoroughbred horse)

He hates the ring. He wants to stand in his stall all day in the shade and eat alfalfa.

And it took years with bit and bridle to get him to cooperate. Last year, even with bit and bridle he still threw me off his back...I landed with a thud on the ground and was sore for three weeks!

God says in psalm 32...don’t be stubborn like that. Don’t buck the truth. Acknowledge your sin. Get the courage you need to come clean with me..

Get real with me...Get honest....As painful as it might be to look at the truth initially....don’t be mule-ish about it

When you come clean with me, I will begin a profound change in you First I will forgive you...and over time I will do an extreme make over changing you into the image of my Son...making you look more and more like Jesus...from the inside out...

And there might be some hard work after you come clean with me to get things back on track. You might have to make amends...You might have to change your lifestyle. It might be painful...it might be hard. But it will bring change

It will forge integrity in you

It won't be a human cover up; a superficial tweaking; a human effort that fails...

It will be a deep change, that I will create in you...over time

What's your part in it?

You've got to be humble enough to confess

What does confession mean? Let's sum up what we've been talking about...

1. **Confession means Breaking the Silence.** Look at verse 3. David writes, "**When I kept silent, that's when my bones wasted away through all of my groaning, and my strength was sapped.**" In other words, "When

I kept silent, when I was hiding, when I wasn't talking about it, when I was keeping it secret, I felt like was dying inside."

AA says it well... "**We are only as sick as our secrets.**"

I imagine most of us can relate to this feeling in some way or another, because there a lot of things in our

lives we keep very silent about. Things we feel ashamed of: family problems, compulsive habits, sexual

addiction, and while silence in the moment seems like the best, the safest way to handle it, silence always

leads to more pain and guilt festering inside. It always corrodes away our soul. It corrodes away our spirit,

and it always, always, always begins to affect other parts of our lives. It corrodes away relationships of those we love the most.

Have the courage to Break the Silence, this Psalm tells us...and God will do an extreme make over on your soul.

2. **Confession means "Honest Acknowledgment"**

Honesty isn't always what you want to hear, but it's always what you need to hear.

In verse 5 David says, **"Then I acknowledged my sin to You and did not cover up my iniquity."**

Acknowledgement and covering up, they don't go together. You can't do them at the same time.

Acknowledgement means being willing to make very clear, direct, concrete statements about what we are doing wrong both to one another and to God.

Things like, "I lied to you." Things like, "I cheated." Things like, "I've been talking about you behind your back. And I am sorry." And as painful and difficult as this might be, it is cleansing, and renewing, and it gives us a new start.

My youngest son Jonathan has played baseball for years.

And when he was much younger – around 7 - he's sitting there in the living room, moves his arm in a certain way, and there's this huge strawberry scrape on his arm.

"Oh my gosh," I said. "What's that?"

"I got it when I slid into second base." He says nonchalantly.

"Did you wash it?"

"No. I don't want to. It might sting."

It is a mystery to me how he could sustain a wound like that which looked very painful, without a peep of complaint, and then be concerned about the sting of soap and water that would help it to heal and not get infected.

He didn't tell me about it, because he did not want it washed out; he didn't want to feel the pain that was necessary for the healing process.

Acknowledgement sometimes stings, but it is so much less painful than sustaining a wound of sin inside of us, refusing to acknowledge it, and letting it fester.

3. Finally, **Confession means taking responsibility.** Texas Rangers' outfielder Josh Hamilton, the 2010 American League MVP who currently is leading the major leagues in home runs, battled alcohol and drug addictions for over a decade. He recently admitted before the press that he had relapsed and gone back to drinking. Here is a little snippet from his confession...notice how he takes responsibility as well as trusts in God for his recovery....**(SHOW VIDEO CLIP)**

After David's confession, he hears God speaking to him. Look back at verse 8. God says, **"I will instruct you and teach you in the way you should go."**

"Being forgiven is not just about being given a clean slate, it's being given a new direction, and David has to take responsibility for going, and learning, and practicing, and being accountable to a new way of life.

The Hebrew word for repent means "to turn". Turning means change... change of direction, change of perspective, change of purpose...

The good news folks? It's this. Confession is not simply about recounting our failures, listing our sins... Rather it is living into and trusting the Amazing Grace of a God who is known throughout scripture and in every transformed life, as an outrageous Forgiver and Friend Sinners...and an Extreme Makeover expert from the inside out, for all who have the courage to confess.

Let us pray.