

Taking Care of Our Trash
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A quick parenting story, one I'm guessing you've experienced as a babysitter, parent, grandparent, or if you've spent any time watching kids... Has a young one in your care ever been finished with something (a juice box, applesauce, water bottle, etc.) and handed you the garbage? It happened to me the other night, and my first instinct was to just take it. But upon quick reflection, I asked a question, "What am I going to do with this?" The reply? "Throw it away." To which I answered, "Are you able to do that?" The answer, of course, was "Yes."

I thought about this moment as I was preparing to preach and teach through Psalm 32. This Psalm describes the anguish one experiences when guilt and shame take root in us.

When I kept silent,
my bones wasted away
through my groaning all day long.

For day and night
your hand was heavy upon me;
my strength was sapped
as in the heat of summer. (Psalm 32:3-4)

But then a beautiful turn happens in Psalm 32:5. After holding it in, the Psalmist makes a confession to God and everything changes:

Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, "I will confess
my transgressions to the LORD "-
and you forgave
the guilt of my sin. (Psalm 32:5)

While I grow weary and tired of taking my kids' trash, **God never does.** God never says no to this. He never says "take care of your trash yourself". Instead, it's this:

"Come to me, all you who are weary and burdened, and I will give you rest"
(Jesus, Matthew 11:28).