

The Greek word in the New Testament for *confess* is *homologeō*: *homo* ("same") and *legō* ("to speak"). It means "to say the same thing". It is usually translated as "confess" or "profess". But there is also another time to "agree with God" - when we acknowledge to Him how we feel, since He is aware of what we are going through *before* we even speak. (Matthew 6:8)

Before David assumed the throne of Israel as king, he found himself in a perilous situation with a Philistine king. (1 Samuel 21:10-15) He wrote Psalm 34 as a record of this encounter, and how God delivered him from danger. He began the psalm with praise to God (verses 1-3), before stating: "He delivered me from all my fears". (verse 4) David wasn't afraid to acknowledge his fears to God, or to acknowledge that "many are the afflictions of the righteous". (verse 19) Nor should we be. When we confess to God how we are feeling, we are acknowledging that He knows our need.

So whatever you are feeling or experiencing, tell God, and praise Him that He *will* deliver you from all your fears.

Psalm 34:4 "I sought the Lord, and He heard me, and delivered me from all my fears."