

Have you ever been thirsty? I mean, really thirsty. You know, like when you've been outside on a hot summer day for hours without a drink of water and your mouth is so dry that your tongue sticks to it and your throat is so parched you can hardly swallow? If so, you also know how good it feels to get a drink of ice cold water when your throat is like that! You can feel it go all the way down to your toes. Proverbs 25:25 says that good news is just like that cold water. It's refreshing, and it revives hope. We've all received news that we considered good at some point in our lives, but truly, the best news that we as sinners can receive is the news that our sin is forgiven; our debt is paid in full.

One of my favorite songs when I was a little girl was a song called *My Sins Are Gone*. I distinctly remember one Sunday afternoon before I was old enough to read, keeping my dad from his weekly nap in between services to help me memorize the words to that song. And even though I can't seem to remember what time to go to my granddaughter's kindergarten graduation, I can still remember the words to that song.

*You ask me why I'm happy? Well, I'll just tell you why  
Because my sins are gone  
And when I meet the scoffers who ask me where they are  
I say my sins are gone.  
They're underneath the blood on the cross of Calvary  
As far removed as darkness is from dawn  
In the sea of God's forgetfulness, that's good enough for me  
Praise God! My sins are gone*

There's great theology in that song.

- *How happy is the one whose transgression is forgiven, whose sin is covered!* (Psalm 32:1)
- *As far as the east is from the west, so far has He removed our transgressions from us.* (Psalm 103:12)
- *I have swept away your transgressions like a cloud, and your sins like a mist.* (Isaiah 44:22)
- *He will again have compassion on us; He will vanquish our iniquities. You will cast all our sins into the depths of the sea.* (Micah 7:19)

This is the second promise to those who are humble, submissive, obedient and repentant. A promise that is better than a drink of cold water is on a hot day. The best news of all has to be that God hears, and forgives, *and* forgets.

**Scriptures for further meditation:** Luke 10:20; Rom. 3:23-26; Colossians 2:13; 3:12; Titus 3:5



It behooves us then, to humble ourselves before the offended Power, to confess our national sins, and to pray for clemency and forgiveness...All this being done, in sincerity and truth, let us then rest humbly in the hope authorized by the Divine teachings, that the united cry of the Nation will be heard on high, and answered with blessings, no less than the pardon of our national sins, and the restoration of our now divided and suffering Country, to its former happy condition of unity and peace.

—President Abraham Lincoln, *Proclamation Appointing a National Fast Day, March 30, 1863*