God. If you let Him search you, He will point out what you need to confess. And in confessing, you will once again restore your relationship with Him (I discuss this issue more in the next chapter).

Here are five things to keep in mind about confession:

• CONFESS SIN IMMEDIATELY: Unconfessed sin drives a wedge between God and us, so the sooner we confess it, the better off we are. Whenever you sin, confess as soon as possible—don't wait for Sunday or even your daily prayer time. Do it right then and there.

I learned this lesson at age seventeen. Just three days after rededicating my life to Christ, I was at basketball practice when I went up for a rebound and came down on another player's foot. I felt my ankle roll over and pop. As I fell to the ground, I cussed using the Lord's name.

I had told everyone on the team about my commitment, and I had already started witnessing to them. When Chet Irey, a fellow player, heard what I said, he turned to me and said, "John, I thought you were a Christian. What are you doing talking like that?"

I felt terrible, and I realized that I had made an awful mistake. As they put me on the training table and iced my ankle, right then and there I prayed to God for forgiveness.

- NEVER ALLOW YOUR POSITION TO KEEP YOU FROM CONFESSING SIN: No matter who you are, what you do, or what your position is in the church, you are never above the need to confess sin and pray for forgiveness. If you ever think you are, you're in really big trouble.
- GOD IS NEVER SURPRISED BY WHAT WE DO, SO BE HONEST: You can't keep anything from God, and you certainly can't hurt His feelings by telling Him your mistakes, so you'd better be honest with Him.