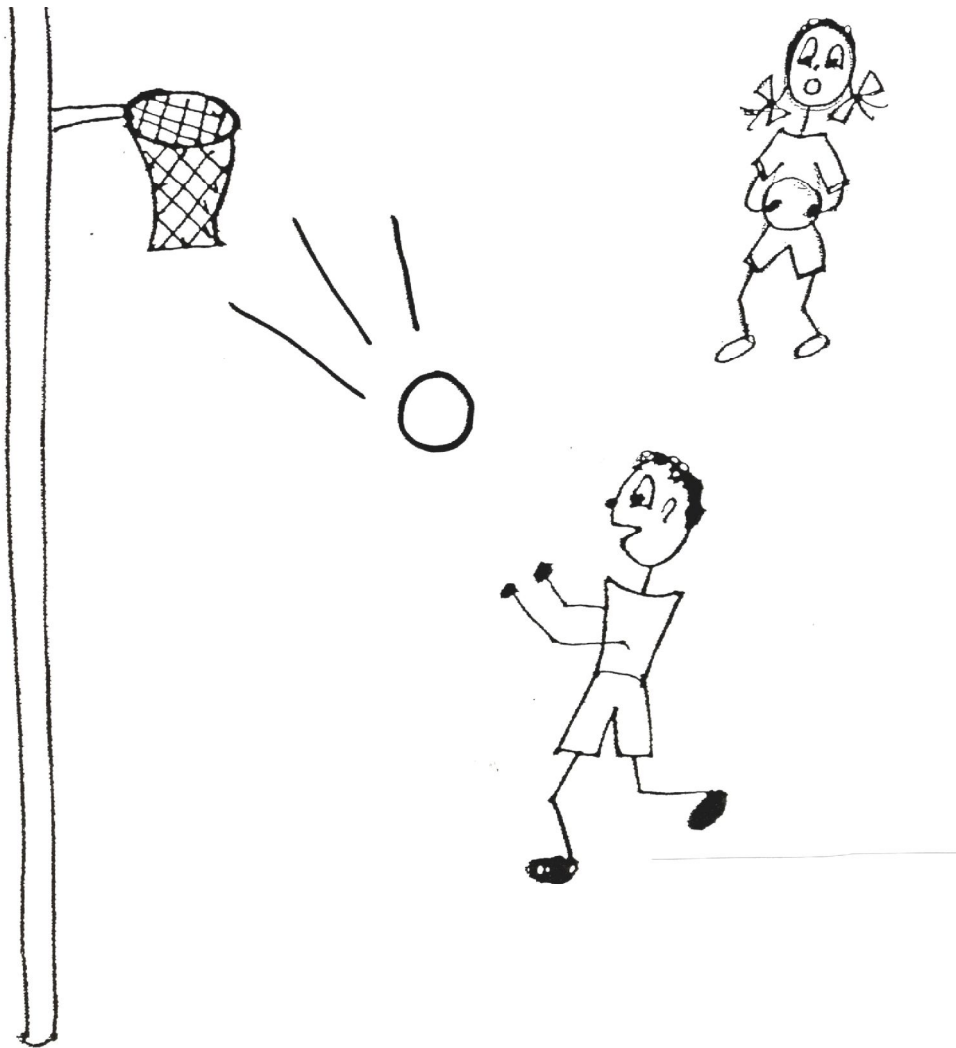


REBOUND AND KEEP MOVING

If we confess [tell God the Father] our [known] sins, He is faithful and righteous to forgive us our [known] sins and to cleanse us from all [unknown, or forgotten sins] unrighteousness. (1John 1:9)

In basketball, when a player misses a shot, he or she can catch the ball when it bounces off the rim or the backboard. This is called **REBOUNDING**. Then the person can shoot again.

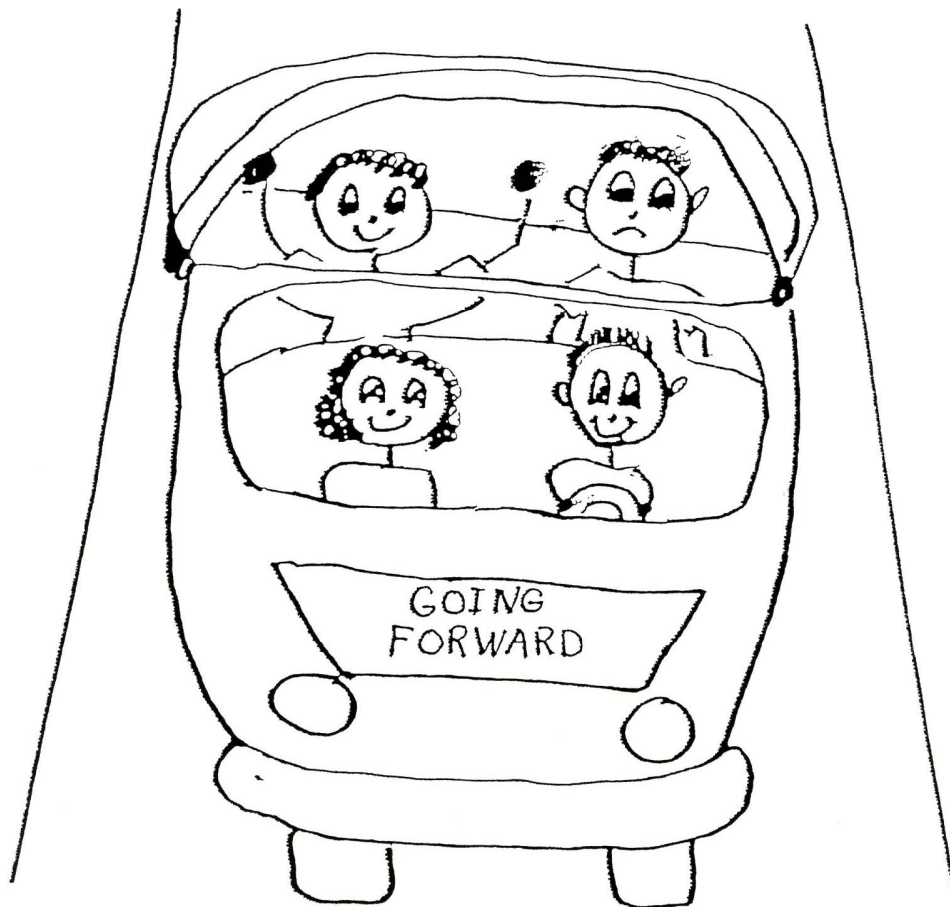


In the spiritual life, we believers sin (miss shots), and lose the filling of the Holy Spirit. However, we can REBOUND. This means privately telling God our sins. Then we are filled with the Holy Spirit again, and we can "shoot" forward in the plan of God.



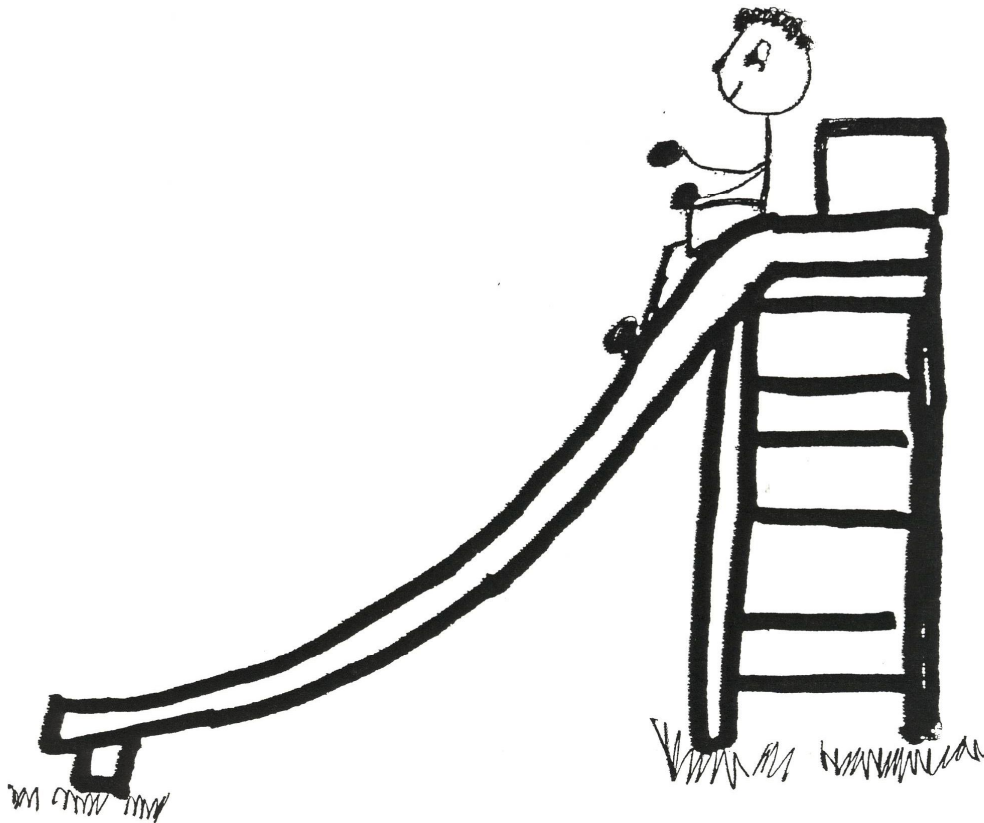
But if we judged ourselves rightly [rebound], we should not be judged [divine discipline]. (1 Cor. 11:30-1)

Since we are filled with the Holy Spirit, we can go forward, not thinking again about the crummy things that we did and told God in rebound. God has forgiven them, and He wants us to forgive ourselves and think about Him!!



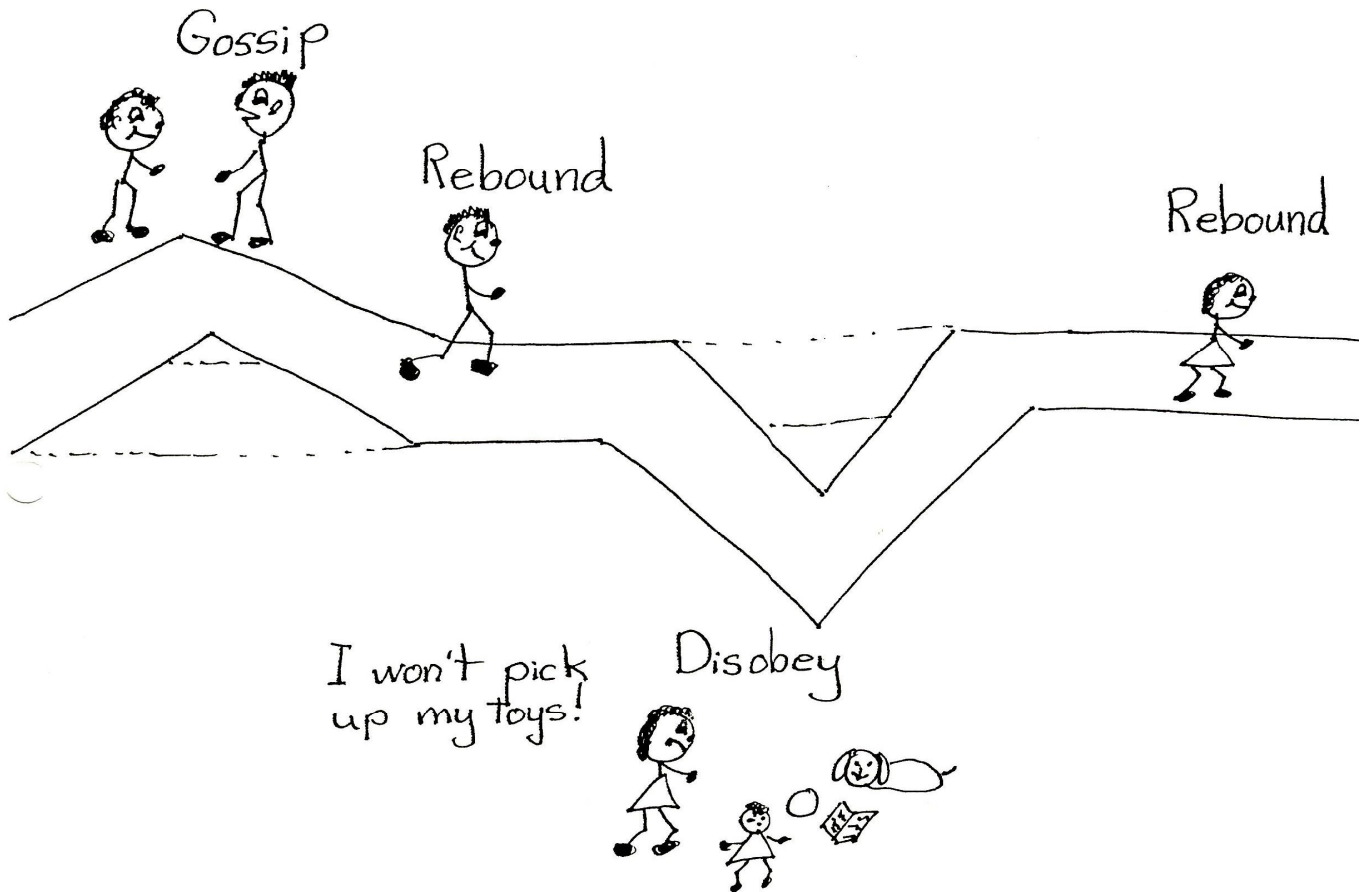
I press on [keep moving] toward the goal for the prize of the upward call of God in Christ Jesus. (Phil.3:14)

When we sin again and again, God doesn't say, "O.K. That's it for you!" When we rebound, He forgives us and forgets the sins! So, we have to forget them too. We must go forward in God's plan.

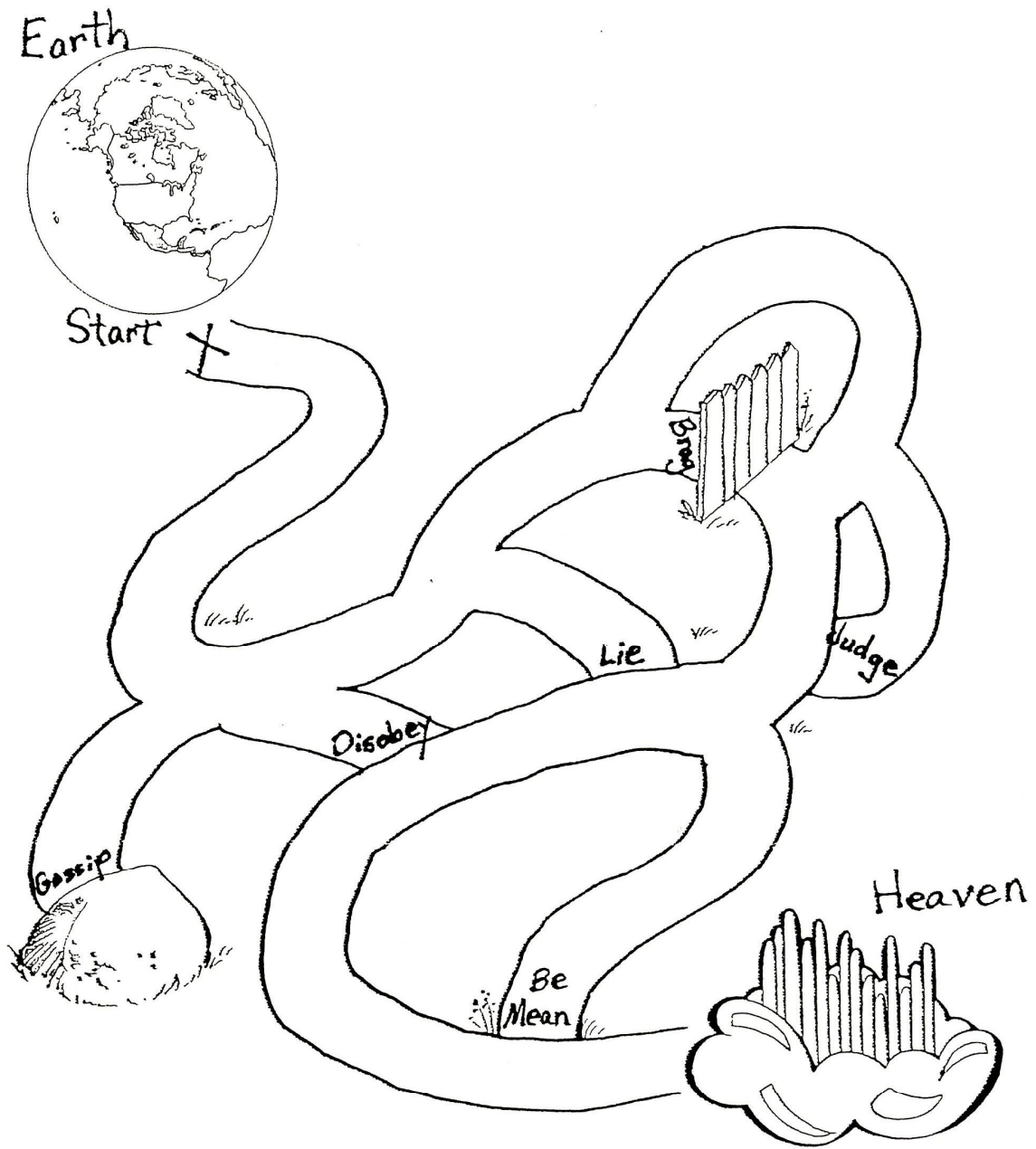


"I, even I, am the one who wipes out your transgressions [sins] for My own sake; and I will not remember your sins." (Isa. 42:25)

We need to have the filling of the Holy Spirit to learn about God and His word. So, it is very, very important for us to REBOUND and KEEP MOVING!



Your word is a lamp to my feet and a light for my path.
(Psalm 119"105)



When we sin we are to rebound and keep moving on in life.