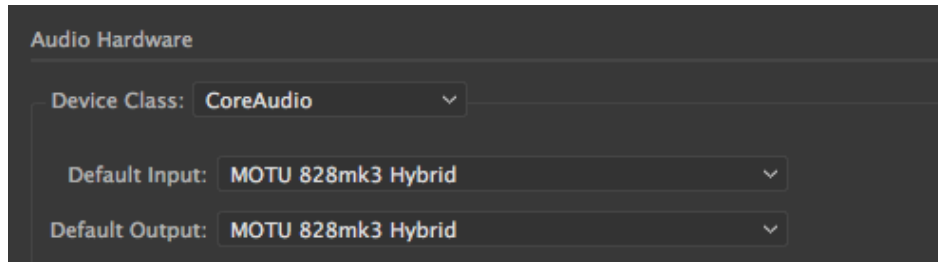To set up Audition for recording / playback, you may need to change the preferences.
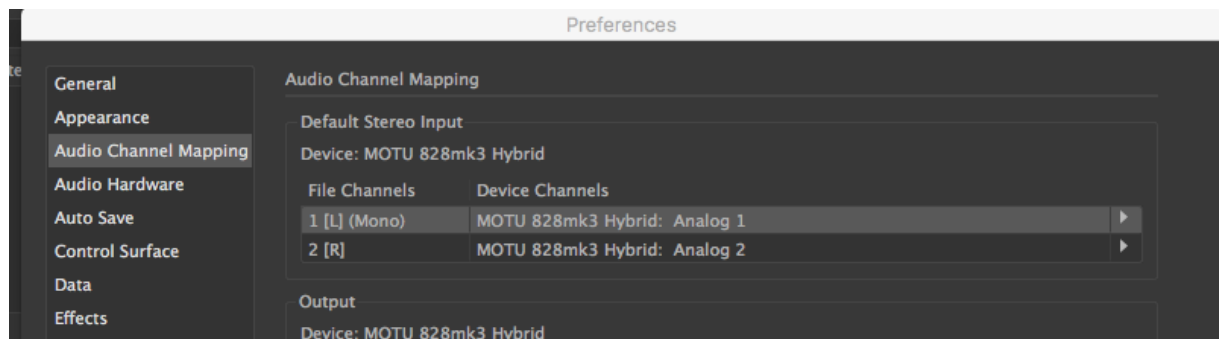
Open the preferences using the Adobe Audition menu in the top left of the screen.
Audio Hardware default input/output should both be set to MOTU 828mk3.

In **Audio Channel Mapping** set the input file device channels L/R to **MOTU 828mk3 Analog 1-2.** (Not Mic/Instrument 1-2)

Also set the output device channels to **MOTU 828mk3 Analog 1-2.** (Not Main)

To monitor input, right click on the level meter at the bottom and select "Meter Input Signal"