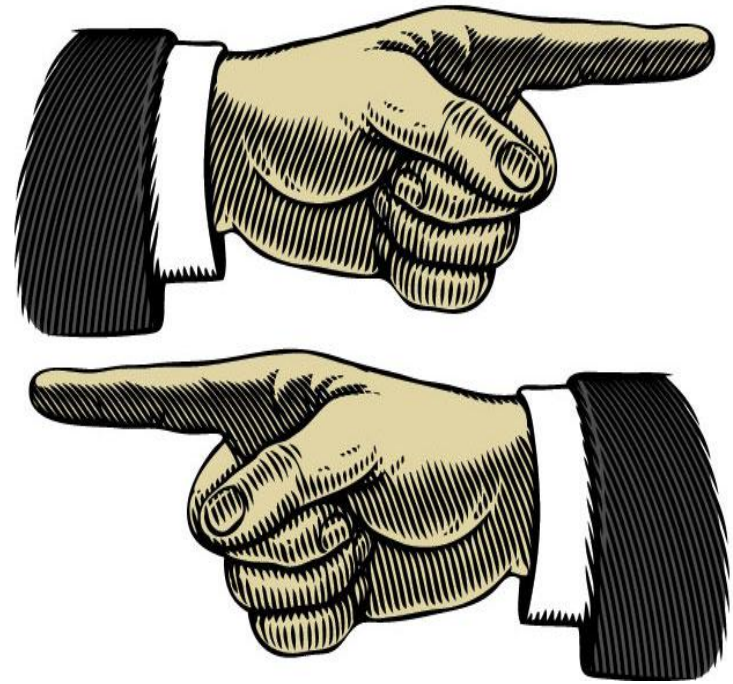


The Discipline of Confession

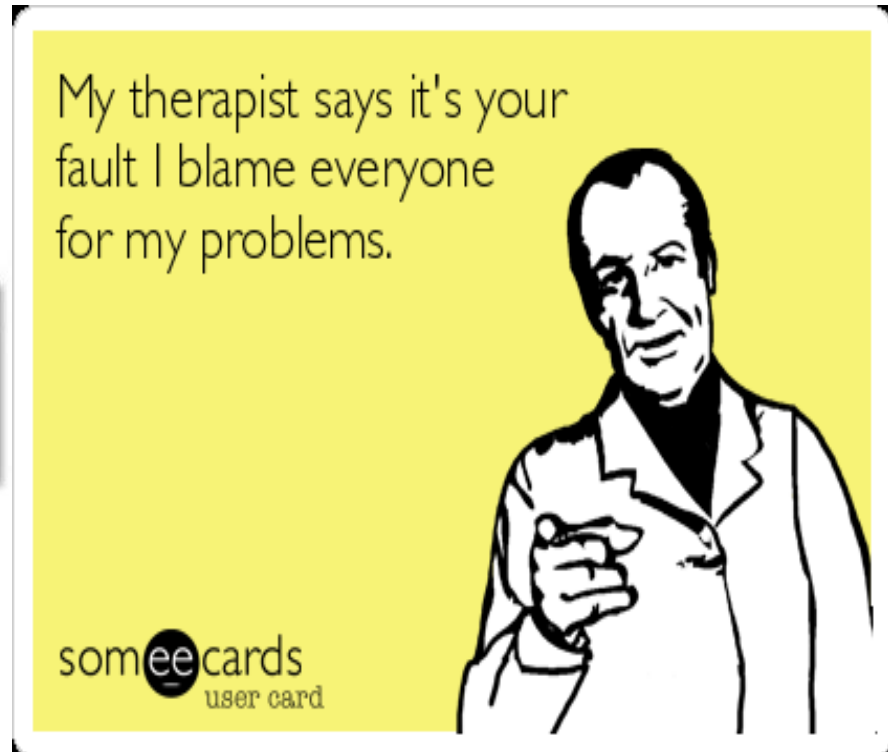


Confession is not a natural reaction



Our natural response is to blame someone else.

I'm not saying it's your fault.
I'm saying I'm blaming you!



Why Confess?

- Because sin is an offense against a holy and just God.

If a soul sin, and commit a trespass against the LORD,...
(Lev.6:2)

Why Confess?

- True repentance does not occur without confession.

Mt.3:5-8

Then went out to him Jerusalem, and all Judaea, and all the region round about Jordan, And were baptized of him in Jordan, confessing their sins.

But when he saw many of the Pharisees and Sadducees come to his baptism, he said unto them, O generation of vipers, who hath warned you to flee from the wrath to come? Bring forth therefore fruits meet for repentance: (Mt 3:5-8)

Why Confess?

- Confession is a necessary part of having daily fellowship with God.
(1John 1:6-10)

If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness. (v9)

Why Confess?

- God expects you to be confessing your sins

And it shall be, when he shall be guilty in one of these *things*, that he shall confess that he hath sinned in that *thing*: (Lev 5:5)

Why Confess?

- Confession comes with a promise.

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh *them* shall have mercy. (Prov. 28:13)

Why Confess?

- Confession forces you to embrace the reality of your dependence on God's grace and mercy in everyday life.
- Confession will personalize the power of the gospel in your life.

What does it mean to Confess?

- The word “confess” in the New Testament is a compound Greek word that means “*To speak the same as another*”
- To confess your sin, means to say the same thing about your sin that God does.

What does it mean to Confess?

- If we are going to say the same thing about our sin that God does,
- We are not going to have an “oops” view of our sin.
- We are not going to minimize our sin.
- We are not going to justify our sin.

How do I Confess?

If we are going to confess our sins in a way that imitates
God's thoughts,

We must come down **HARD** on our sins.

Confession does not sound like

- If I offended you by something that I did, I want to apologize.
- I probably didn't handle that the right way.
- I apologize, although there is fault on both sides.

Confession sounds like

- I was wrong when I _____. Will you forgive me?
- There is no excuse for the way I reacted to _____. Will you forgive me?
- I sinned against you and God, when I _____. Will you forgive me?

How to Confess

- True confession is not made in general terms (I am a sinner)
- True confession is very specific as to:
 - What sin is being confessed
 - The fact that I am 100% responsible
 - The fact that I am in need of your forgiveness

You Must Get This!!!!

1. Confession is not a stand alone act; it must be attached to the pursuit of repentance, forgiveness, and reconciliation.
 - With that in mind, confession should be made within the circle of those whom you have alienated yourself from, through your sin.

Helpful Guidelines for Confession

- 1. Confess your sin to those you have sinned against, in whom reconciliation needs to take place. (Matthew 5:23-24)**
- This is not based on feeling, but fact.
 - To God (Psalm 51:4)

- To your Spouse (breaking the covenant of fidelity).
- To your Pastor (breaking covenant with your church).
- Your accountability partner(s).
- Anyone who's property or belongings might have been used to facilitate your sin. (computer, phone, money, etc...)

2. Do not confess your sins to those who are not touched by your sins.

- Do not confess to someone that you have lusted after them in your heart. (You will freak them out)
- In the same way, you also wouldn't confess to someone that you had really been struggling with the thought of murdering them. (reconciliation might be kinda difficult)
- Do not confess to your spouse when you lust after another woman in your heart.
- Confess the sins of the heart to God and an accountability partner.

3. Confess your sin with humility, being willing to accept the consequences of your sin.

- You can choose to sin but you can't choose the consequences of your sin.
- Do not expect the receiving party to immediately give thanks for your faithfulness.
- Be prepared for a response that will be difficult to receive.

4. Consider confessing your sin with a third party who can help with the response.

- A pastor or spiritually mature friend might be able to help with the emotional aftermath.

5. Confess your sin thoroughly, but avoid graphic details.

- You do not want to lead others into sin through your confession of it.
- You also do not want to perpetuate anger and bitterness through unnecessary details that describe the specifics of the sin you are confessing.

6. Confess your sin taking full responsibility for your sinfulness.

- Do not try to shift blame or even degrees of blame to other people or circumstances.

8. Strongly consider discussing and rehearsing your confession with a pastor or spiritually mature friend before confessing it to the offended party.

Where no counsel *is*, the people fall: but in the multitude of counselors *there is* safety.
(Prov. 11:14)

A Popular excuse for not Confessing sin (especially when it comes to sexual sin)

“You don’t understand, if I confessed _____, it would hurt my family too much.”

- The confession of your sin will never hurt anyone; it is your SIN that brings pain to others.
- The longer you keep your sin habits a secret, the more pain you are storing up for your family.

Another popular excuse

“No one’s perfect.”

- This is exactly why you should be confessing.
- If you have this attitude, you are half way there. Be more specific and personal, and you will have a biblical confession.

Confession is War

- Confession is tool that God gives you, so that you can look your sin square in the eye and say:
- “You will not master me!!!”
- “I refuse to keep you a secret and allow you to destroy my life by feeding me lies.

Confession is a way of life

- Confession should be a regular part of your life.
- God intends for confession to accompany any and every sin that you commit until the day that you die.

Do not be content with conviction.

- If you are convicted, that's good. However, conviction is meant to lead you somewhere.
- Conviction is not meant to be a conscience salve. (Well, at least I'm convicted, that's a good sign)
- Conviction is meant to produce obedience in your life.

What will you Choose?

Will you strive to be faithful to God?

“Just two options on the shelf, pleasing
God or pleasing Self.”