



CONFESSION

Accountability • Self-Examination

Are you feeling ...

Afraid to confess? Unforgivable?

Like a bad person? Guilty about something?

WHAT IS CONFESSION?

The practice of confession is when you are completely honest with God, and often with others you trust, about your weaknesses and sins. It involves bringing everything before God with a broken and humble heart, seeking his forgiveness (see Psalm 51:17). Taking responsibility for your failings is a great act of humility that opens the door to experience God's amazing grace, freedom and peace.

While confession is relieving for the soul, it

can be one of the most difficult, painful practices to carry out. On the other hand, it becomes freeing and refreshing. We tend to avoid confession because of shame, pride and regret. Sometimes our fear prevents us from facing the truth of our darkness. Withholding our confessions from God pulls us into a web of deceit. To move forward, confession is a necessary step to repentance and restoration with any we have sinned against.

WHEN DO I APPLY IT?

Facing our shortcomings and confessing them is challenging. One of the deepest longings of the human heart is to be known and loved unconditionally. We long to know that someone in this world knows everything about us and loves us anyway. That total acceptance begins with our heavenly Father, who loves us no matter what we have done.

In order to move forward,

our hearts have to be open and vulnerable to the Holy Spirit's convicting power and possess a willingness to follow through. We must examine our hearts and be aware of the sinful behaviours and the motives that prompted those actions. Speak/write out our failures to ourselves, God and the people we have hurt. Finally, take steps to make amends if that is necessary.

READY TO PRACTISE CONFESSION?

1. Write out your confession(s) (see 1 John 1:9)
2. Ask God for forgiveness and the strength to share it
3. Choose a trustworthy person to share your confession

Want to learn more on confession? Download a one-page study guide at www.SASpiritualLife.ca



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