

CHRISTFIRST ESSENTIALS

FOR A DISCIPLE

CONFESSION

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. - 1 John 1:9

FACTS



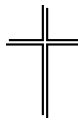
SIN:

I have sinned against a Holy God in thought, word and deed.



SEPARATED:

My sin has defiled me and thus separated me from a Holy God.



FORGIVEN:

If you have put your faith and trust in Jesus alone, all your sins past, present and future are forgiven because God's holiness required that the penalty for sin was paid through the shed blood of Jesus on the cross.

TRUTHS ABOUT FORGIVENESS

1. **John 19:30** – When Jesus had received the sour wine, he said, *“It is finished,”* and he bowed his head and gave up his spirit.
2. **Titus 3:5** – *He saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit.*
3. **Psalm 103:12** – *As far as the east is from the west, so far does he remove our transgressions from us.*
4. **Hebrews 8:12** – *For I will be merciful toward their iniquities, and I will remember their sins no more.*
5. **1 Peter 1:3-4** – *Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you.*



RIGHTEOUS:

God sees you as Holy and righteous because of Christ's righteousness that was exchanged for your sin.

2 Corinthians 5:21 – *For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.*



HOLY SPIRIT –

God has given you His Holy Spirit to live within you to convict you of sin so that you walk in light and not darkness.

John 16:8 – *And when he comes, he will convict the world concerning sin and righteousness and judgment.*

Romans 8:10 – *But if Christ is in you, although the body is dead because of sin, the Spirit is life because of righteousness.*



CONFESSION:

Even though you have been forgiven (from the penalty of sin) and now have the Holy Spirit you still sin. Confess your sins so that you don't have your relationship with God hindered.

Isaiah 59:2-3 – *But your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear. For your hands are defiled with blood and your fingers with iniquity; your lips have spoken lies; your tongue mutters wickedness.*

THE PATTERN

I can easily get caught in a pattern of SIN – GUILT - SIN – GUILT - SIN – GUILT...

How to get out...

CONFESS

Homologeō (Greek) – To agree with another. To agree with what God says about our sin nature and sinful actions.

TRUTHS ABOUT CONFESSION

1. **1 John 1:7** – *But if we walk in the light, as he is in the light, we have fellowship with one another, and **the blood of Jesus his Son cleanses us from all sin.***
2. **1 John 1:9** – ***If we confess our sins,** he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*
3. **1 John 2:1** – *My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ*

the righteous. He is the propitiation for our sins, and not for ours only but also for the sins of the whole world.

STEPS OF CONFESSION

1. **Confess in prayer**
sinful thoughts, words and actions to God in prayer.

2. **Confess sins right away**
as soon as you are convicted of them.

3. **Thank God for freeing you**
not only from the penalty of your sin but the guilt you feel.

Psalm 32:5 – *I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity (guilt) of my sin.*

Barriers to Confession

- **Pride**
- **Hiding from God** (Proverbs 28:13)
- **Justifying**
- **Blaming God**
- **Indifference**
- **Cold heart**

Encouragements to Confession

- **Ask: What sin must I acknowledge, confess and request God’s forgiveness?**
- **Cultivate a soft heart toward God** (Psalm 34:18)
- **Embrace humility** (Psalm 51:17)
- **Hold a proper view of self** (Galatians 6:3-4)
- **Own your sin** (Isaiah 55:7)
- **Practice Repentance** (Romans 2:4)
- **Be thankful** (Psalm 103:2-4)



Pray this prayer of repentance:

Dear Lord, I repent and confess to you my sin of _____. Thank you that you are faithful and just to forgive me of my sin and cleanse me from all unrighteousness