

November 1st 2015

IS CONFESSION GOOD FOR THE SOUL?



CONFESSION / CONFESS

to acknowledge, admit or declare the weakness, fault, misdeed or crime you committed.

CONFESSION OF SIN

IF CONFESSION IS GOOD FOR THE SOUL, WHY DON'T PEOPLE CONFESS?

Paralysis by:

Guilt

Shame and humiliation

Pride, dignity and “face”

WHAT HAPPENS IF WE DON'T CONFESS?

Confession is spoken action
But it starts with a repenting heart

1 JOHN 3:8-9

⁸The one who does what is sinful is of the devil, because the devil has been sinning from the beginning. The reason the Son of God appeared was to destroy the devil's work.

⁹No one who is born of God will continue to sin, because God's seed remains in them; they cannot go on sinning, because they have been born of God.

ROMANS 1:29-32

²⁹They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, ³⁰slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; ³¹they have no understanding, no fidelity, no love, no mercy. ³²Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them.

The wrath of God



1 AGE: 21

2 AGE: 25

3 AGE: 29

The effects of sin are like the effects of drugs

ROMANS 8:1-2 (NIV)

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.

ROMANS 8:1-2 (ERV)

So now anyone who is in Christ Jesus is not judged guilty. That is because in Christ Jesus the law of the Spirit that brings life made you free. It made you free from the law that brings sin and death.

WHY SHOULD WE CONFESS?

1 JOHN 2:1-2

My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

1 JOHN 1:5-10

Light and Darkness, Sin and Forgiveness

⁵This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. ⁷But 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, purifies us from all sin.

⁸If we claim to be without sin, we deceive ourselves and the truth is not in us. ⁹If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. ¹⁰If we claim we have not sinned, we make him out to be a liar and his word is not in us.

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- 1 Out of the depths I cry to you, Lord;
- 2 Lord, hear my voice.

PSALM 130

- Let your ears be attentive to my cry for mercy.
- 3 If you, Lord, kept a record of sins,
Lord, who could stand?
 - 4 But with you there is forgiveness,
so that we can, with reverence, serve you.
 - 5 I wait for the Lord, my whole being waits,
and in his word I put my hope.
 - 6 I wait for the Lord
more than watchmen wait for the morning,
more than watchmen wait for the morning.
 - 7 Israel, put your hope in the Lord,
for with the Lord is unfailing love
and with him is full redemption.
 - 8 He himself will redeem Israel
from all their sins.

- 3 When I kept silent,
my bones wasted away
through my groaning all day long.
- 4 For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.
- 5 Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, "I will confess
my transgressions to the Lord."
And you forgave
the guilt of my sin.

PSALM 32:3-5

JAMES 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

4. HOW SHOULD WE CONFESS?

1. Be specific in confession
2. Confess the consequences
3. Confess, then ask for forgiveness
4. Confession before someone we've sinned against
5. Confess before others
6. Confess, repent and sin no more

“In confession there takes place a breakthrough to community. Sin wants to be alone with people. It takes them away from the community. The more lonely people become, the more destructive the power of sin over them. The more deeply they become entangled in it, the more unholy is their loneliness. Sin wants to remain unknown. It shuns the light. In the darkness of what is left unsaid sin poisons the whole being of a person. This can happen in the midst of a pious community. In confession the light of the gospel breaks into the darkness and closed isolation of the heart. Sin must be brought into the light. What is unspoken is said openly and confessed. All that is secret and hidden comes to light. It is a hard struggle until the sin crosses one’s lips in confession.”

“But God breaks down gates of bronze and cuts through bars of iron (Ps. 107:16) Since the confession of sin is made in the presence of another Christian, the last stronghold of self-justification is abandoned. The sinner surrenders, giving up all evil, giving the sinner’s heart to God and finding the forgiveness of all one’s sin in the community of Jesus Christ and other Christians. Sin that has been spoken and confessed has lost all of its power. It has been revealed and judged as sin. It can no longer tear apart the community.”

— **Dietrich Bonhoeffer, Life Together**