

Shield of Faith Christian Center of Pomona

THE CONFESSION OF SINS

Confess your faults one to another, and pray one for another, that ye may be healed. (James 5:16a)
Let us therefore come *boldly* to the throne of grace that we may obtain mercy and grace
to help us in the time of need. (Hebrews 4:16)

Spiritual Transparency, Self Disclosure, Spiritual Purity and the Confession of Sins

I. Confession in Relation to Communion

- A. Communion as a time of spiritual healing and renewal
- B. History of confession
- C. How confession ought to be done
- D. What is the potential damage when confession is lost as a Christian practice

II. Why is the practice of Confessions so distasteful to our flesh?

- A. Poor Relationships in the Body of Christ
(The objective is "That you may be *healed...*" not humiliated!)
- B. We are compelled to build such *respectful* relationships that confession becomes "safe."
- C. The reasons why some people do not practice confession of sins
- D. SOME SINS ARE MORE EMBARRASSING THAN OTHERS TO CONFESS.
- E. ROLE-PLAY OF A CONFESSIONAL ENCOUNTER

III. The Biblical theology of confession

- A. Scriptures related to confession
 - St. Matthew 6:12 "forgive us our debts..."
 - Luke 18:13-14
 - I John 1:8-10
 - I John 2:1
 - Proverbs 28:13
 - James 5:16
 - Psalm 103:12 As far as the east is from the west
 - Jeremiah 31:34.
 - Micah 7:19
- B. PROPOSITION - Confession is as essential as rebirth is assuring the salvation of believers
 - Initial rebirth makes you clean – subsequent confession keeps you clean
 - Both rebirth and confession are essential to maintaining a reconciled relative to God

C. Examine the tension between the two scriptures that speak of confessing to God and confessing to man

- Psalm 32:5 – "...I will confess my transgressions unto the Lord..."
- David's example of confession – Psalm 51:1-19 (emphasis 1-4, 9, 14, 17)
- James 5:16 "**one to another**" requires genuine humility and honesty with another (trustworthy) human being
There are times when you definitely need to "come clean" with another person, to humble yourself and to admit that you need help. The most serious things are the things you need to be open about – and get help with. You don't have to go into dirty detail, but you need to TAKE RESPONSIBILITY for sinful and disobedient choices that you have made.
- Twelve Step programs are established upon the psycho-spiritual necessity of dealing honestly with your weaknesses and failures: Refusal to take responsibility is a sure way to remain enslaved to negative and powerful dysfunctional behaviors
- CONFESSION IS A KEY STEP IN OBTAINING DELIVERANCE!! (Define **deliverance**)

D. Biblical examples of Confession

- David after his sin with Bathsheba (Psalm 51:1-3)
- Achan after Ai (Joshua 7:19)
- Ezra 10:1 (Israel's revival)
- Nehemiah 9:2 (Israel's Revival)
- The prodigal son (Luke 15:21)
- Acts 19:18 At Ephesus

IV. What is the Purpose and the Benefit of Confession?

1. It is the spiritual "washing of the feet" from John 13
- 2, It is the means of continual repentance, living the repentant lifestyle, of avoiding certain dangers.

V. How to behave after confession

1. Operate in the full understanding that you are completely justified from all unworthy behavior
2. Refuse to let the devil or your own carnality condemn you when God has forgiven you.
3. Zealously maintain your innocent, clean state before the Lord.

VI. ALTAR RESPONSE and Follow-Up Throughout the Week