

Self Care

GOD'S WAY



The Practice of Confession



A soft, abstract watercolor splash in shades of yellow and light blue serves as a background for the text. The splash is centered and has a gentle, painterly texture with some darker spots and a few stray blue dots scattered around it.

be
yourself

Have the courage



To be yourself



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The Practice of Confession





GOD IS LIGHT; IN HIM THERE IS NO DARKNESS AT ALL. IF WE CLAIM TO HAVE FELLOWSHIP WITH HIM AND YET WALK IN THE DARKNESS, WE LIE AND DO NOT LIVE OUT THE TRUTH. 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, PURIFIES US FROM ALL SIN.



IF WE CLAIM TO BE WITHOUT SIN, WE
DECEIVE OURSELVES AND THE TRUTH IS NOT
IN US. IF WE CONFESS OUR SINS, HE IS
FAITHFUL AND JUST AND WILL FORGIVE US
OUR SINS AND PURIFY US FROM ALL
UNRIGHTEOUSNESS.

1 JOHN 1:5–9

INSANITY: A MENTAL ILLNESS OF SUCH SEVERE NATURE THAT A PERSON CANNOT DISTINGUISH FANTASY FROM REALITY.





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CONFESSION “CLEARS THE AIR” OF
SIN IMPEDING OUR RELATIONSHIPS
WITH GOD AND OTHERS.



WHY CONFESS?



A hand with red-painted nails holds a white ceramic mug filled with a frothy, light-brown beverage, likely coffee or a latte. The background is a soft, out-of-focus white, suggesting a snowy or very bright environment. The hand is wearing a dark, textured sleeve.

WHY CONFESS?

- 1) IT ACTIVATES GOD'S INSTINCT TO COVER YOUR SIN AND SHORT-CIRCUITS YOUR INSTINCT TO DO THE SAME.

¹ BLESSED IS THE ONE
WHOSE TRANSGRESSIONS ARE
FORGIVEN,
WHOSE SINS ARE COVERED.

² BLESSED IS THE ONE
WHOSE SIN THE LORD DOES NOT
COUNT AGAINST THEM
AND IN WHOSE SPIRIT IS NO
DECEIT.

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 32:1–5 (NIV)





WHY CONFESS?

- 1) IT ACTIVATES GOD'S INSTINCT TO COVER YOUR SIN AND SHORT-CIRCUITS OUR INSTINCT TO DO THE SAME.
- 2) IT IS ESSENTIAL TO GROWTH.

QUESTION:
IF JESUS DEATH “COVERS OVER” ALL MY
SINS, WHY SHOULD I KEEP CONFESSING
THEM TO GOD?



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ANSWER:

THINK “RELATIONSHIP MAINTENANCE”





BUILDING CONFESSION INTO YOUR RHYTHM OF LIFE



BUILDING CONFESSION INTO YOUR RHYTHM OF LIFE

PRACTICE TCMG

THANKSGIVING, CONFESSION,
MEDITATION, GUIDANCE

ANATOMY OF A CONFESSION

- EXAMINATION
- REMORSE
- DETERMINATION NOT TO SIN
- FREEDOM





INCLUDING OTHERS IN YOUR CONFESSION



IF YOU ENTER YOUR PLACE OF WORSHIP AND, ABOUT TO MAKE AN OFFERING, YOU SUDDENLY REMEMBER A GRUDGE A FRIEND HAS AGAINST YOU, ABANDON YOUR OFFERING, LEAVE IMMEDIATELY, GO TO THIS FRIEND AND MAKE THINGS RIGHT. THEN AND ONLY THEN, COME BACK AND WORK THINGS OUT WITH GOD.

MATTHEW 5:23–24 (MESSAGE)



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.

JAMES 5:16

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.

DIETRICH BONHOEFFER



THE REPENTANT LIFESTYLE MEANS THAT I
ACKNOWLEDGE MY MISBEHAVIOUR TO CHRIST AND
TO OTHERS WHO NEED TO KNOW THAT I AM NOT
WHAT MY IMAGE OR PERSONA OFTEN TRIES TO SAY I
AM.

GORDON MACDONALD



*God our Father,
we come to you in sorrow for our sins.
For turning away from you,
and ignoring your will for our lives;*

Father, forgive us.

*For behaving just as we wish,
without thinking of you;*

Father, forgive us.

*For behaving just as we wish,
without thinking of you;*

Father, forgive us.

*For failing you by what we do,
and think and say;*

Father, forgive us.

*For letting ourselves be drawn away from
you by temptations in the world about us;*

Father, forgive us.

*For living as if we were ashamed
to belong to your Son;*

Father, forgive us.

**We confess that we have sinned
against you and our neighbour.
We have wounded your love and marred
your image in us.
Restore us for the sake of your Son,
and bring us to heavenly joy,
in Jesus Christ our Lord.
Amen.**