

## *Suggestions Regarding Confessing Sin*

- Before you start let me assure you that you will receive a warm welcome from the Lord Jesus. *He came into the world to save sinners* (1 Timothy 1:15) and invites all *who are weary and burdened* to come to Him (Matthew 11:28). Because of who he is and because He died in our place – he has the wisdom, love and power to forgive us and to set us free.
- Pray, put on the armor according to Ephesians 6, and ask God for wisdom to know what you should confess and particularly for the ability to be honest. Read Psalm 51 slowly and thoughtfully. Apply the verses to yourself.
- Make a list of your sins. Write out what happened and the people involved. Do not fantasize. Accept your responsibility honestly. Be thorough and do not hurry.

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.* 1 John 1:9

This promise involves two things God states He will do for the one confessing sin. (1) He will forgive the sin, (2) He will cleanse that person from the sin. Cleansing usually involves breaking the power the sin has over one.

Many people are confused in that they continue to confess their sin, but do not experience forgiveness, cleansing, or freedom from their bondage.

The reason may be due to a lack of honesty but more probably the failure to realize sin has roots in our past. Confession is usually related only to the latest sin or to the bondage of sin in general. It is necessary to go back and find **the root** of the sin. The following questions may help.

1. When did the sin start?
2. What caused the original sin?
3. Was someone a victimizer and you the victim? (Be honest)
4. What caused you to respond by way of sinning?
5. What motivates you to sin?
6. What do you get out of your sin?
7. What are you trying to achieve by your sin?
8. Does your sin make you feel good?
9. Do you want to continue to live this way?

Take each item separately and thoroughly confess your sin and every aspect that was sinful. Acknowledge your guilt clearly. Apologize for being disobedient and grieving the Holy Spirit. Ask God to come and rescue you – forgive you – and break the bondage you are involved in. Don't overlook relationships that may cause you to sin. Trust God for the honesty and strength to break such relationships.

- When you have finished the list then take back the ground you have given to the enemy by your sin. Say something like the following.

*Heavenly Father, now that I have confessed my sin, I take back the ground I've given to Satan and announce he cannot hold it against me any more.*

- If someone sinned against you – then confess any part of the relationship in which you sinned. Then make the following declaration.

*Heavenly Father, I acknowledge before You the grudges and desire for revenge I have against \_\_\_\_\_. I declare that while they sinned against me I hereby thoroughly forgive them. I refuse to accept any false guilt from what happened.*

- Ask God if there are relationships you have that are out of the will of God. If that is true then confess the sin involved. Do not overlook how easy it is to be manipulative, greedy, selfish, lustful, and too dependent on others. Ask God for the wisdom to break all relationships that are not His will for you – and then do it – and maintain your freedom.
- A helpful way of maintaining freedom is to acknowledge before God the areas where you are weak and vulnerable. Do it each day – preferably in the morning. Confess these areas and ask Him to strengthen you so when you are tempted you will be able to resist and reject the temptation. Remind yourself that you have the ability to do so and can make the hard decisions freedom demands. Keep in mind that most sin starts with being selfish, self-centered and under some kind of stress.
- Accept the responsibility for your own life. Take charge of your thinking, time, money, relationships, etc., and be honest with God. Do each day what you know is right. Practice the Golden Rule toward others. Choose to surrender your life and everything involved in your life to God each day. Make the hard decisions involved in obedience.
- Make sure you talk this out with some Spirit-filled person who can pray for you, support you, and to whom you can be accountable on a regular basis.

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

James 5:16

Victor Matthews

