



#### **4. Why is Confession A Wise Choice?**

##### **a. Confession Leads to Blessing**

*"Blessed is the one whose transgressions are forgiven, whose sins are covered. Blessed is the one whose sin the Lord does not count against them." (v.1,2)*

Peace of mind

Sense of being clean

No fear of judgment

Burden of guilt lifted

##### **b. Guilt is Horribly Destructive**

*"When I kept silent about my sin, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer." (v.3,4)*

##### **c. Sin is Not a Secret**

*"The Lord sent Nathan to David..." (2 Samuel 12:1-7)*

*"Be sure your sin will find you out." (Numbers 32:33)*

*"I acknowledged my sin ... and did not cover up my iniquity" (v.5)*

##### **d. Forgiveness is Available For Free**

*"I confessed...and the Lord forgave the guilt of my sin."*

#### **5. What Does Confession Look Like?**

##### **a. Identify the Sin**

Sins have names. Apologize for specific sins (not sinfulness).

##### **b. Take Full Responsibility**

Partial confession is not true confession. Complete honesty is essential.

##### **c. Ask for Forgiveness**

Words to say: "Would you please forgive me?" "I forgive you."

##### **d. Make Restitution**

Zacchaeus, paid back four times the amount. (Luke 19:8)

##### **e. Change Behavior**

Turn away from your sin and obey God

#### **APPLICATION**

- If there is a particular sin that the Holy Spirit has been convicting you about, and you have been resisting, hear God's word to you. *"Do not be like the horse or the mule, which have no understanding but must be controlled by bit and bridle or they will not come to you." (v.9)*
- If you can't identify a sin that you have committed in the last year, or even month, or if you haven't said "Sorry" for a sin, hear God's word to you. *"If you claim to be without sin, you deceive yourself and the truth is not in you. If you claim you have not sinned, you make God out to be a liar and His word is not in you." (1 John 1:8,10)*

- If you feel that your sins are too big or too many for God to forgive you, consider the example of David (2 Samuel 11). He lusted, committed adultery with Bathsheba, and then orchestrated the death of her husband, yet *“I (David) acknowledged my sin to you (God)...and you forgave the guilt of my sin.”* (v.5) If God was able to forgive David, couldn't he forgive you?
- If you are struggling with negative behaviors or attitudes which have become habitual or addictive, don't give up. Confess your sin, ask him to forgive you, and ask him to lead you to a person or ministry that specializes in conquering addictions.
- If you are not a Christian, but you realize that you are a sinner, please know that God loves you and has arranged for your sins to be forgiven. The ultimate penalty for sin is death, and Jesus has already paid that penalty by dying on the cross for you, and rising from the dead. *“For God so loved the world that he gave his one and only Son (Jesus), that whoever believes in him shall not perish but have eternal life.”* (John 3:16)

### **PRAYER**

*“Create in me a pure heart, O God, and renew a steadfast spirit in me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit to sustain me.”* Psalm 51:10-12