

Confession Guide

Confessing:

- Examine your conscience with the Lord in prayer
- Confess specific sin – generalized confession may save you shame, but it does not release you to be healed
- Ask God to help you view sin as He does – regret at having offended God; take it seriously
- Repent – determine with God to turn back from sin and walk with Christ
- Have a definite termination point – must rejoice in forgiveness; otherwise, we can easily fall into perpetual self-condemnation → wallowing in our sin does not honor God
- If confessing to a person, pick that person wisely
 - Seek counsel to find a trustworthy person – from God and possibly others
 - Trusted brother or sister in Christ
 - Possibly the offended party – if it involves sin against another person

How to receive Confession:

- Be humble – be aware of own sin and need for Christ
 - D. Boenhoeffer – “Anybody who lives beneath the Cross and who has discerned in the Cross of Jesus the utter wickedness of all men and his own heart will find there is no sin that can ever be alien to him. Anybody who has once been horrified by the dreadfulness of his own sin that nailed Jesus to the Cross will no longer be horrified by even the rankest sins of a brother.”
- Listen well – must perceive the real healing need deep within the heart of the person
- Be prayerfully silent and patient – do not try to alleviate the tension, nor to pry more details from the person
 - Let the Spirit lead
 - Pray for healing and leading for them as to what needs to be confessed
- Afterward, pray with the person – recognize in prayer that in Christ she/he is truly forgiven and pray for healing of the wound