

## Confession

To restore our fellowship with the Lord, to go on in our spiritual life, to be an overcomer, and to be approved by the Lord at His coming back, we must confess our sins (Matt. 5:6, 23, 25; 6:12; 1 John 1:6–9; James 5:16; Rev. 12:10). If we feel that there is nothing to confess, that is an indication that we are in darkness and self-deceit. If we are in the light, we will realize that all we are and do is against God’s nature and way.

Confessing our sins is cooperating with the Spirit to deal with all the blockage in our spirit and dirt on our conscience. *Confessing our sins takes time.* A thorough confession may take many hours. Confession is like cleaning a house. Once you begin to clean, you see dirt everywhere. When we begin to confess, more light will come in to expose us further.

If we have had little detailed and thorough confession in the past few years, there is something wrong and a big backlog of unconfessed matters exists. Confession is like digging the wells at Beersheba in the Old Testament—we must take the lead to dig (Num. 21:18). Such a confession is a joyful washing and unloading. It will bring in God’s presence, His power, and His authority. Then we need to learn to confess every day to maintain a conscience without offense (Acts 24:16) and avoid having our faith leak away (1 Tim. 1:19). Our conscience is like a ship—we cannot afford to have any “holes” due to unconfessed sin.

We confess not only the things we’ve done, but the things we should have done and did not do (our “debts”—Matt. 6:12).

### **What to Confess**

Here are just *some* of the things that we may need to confess to the Lord:

- All our sins and offenses toward God
- Our sins and offenses toward others
- Sins of commission (things I did wrong)
- Sins of omission (things I should have done but didn’t)
- Sins in our thoughts (we are living not just before men but also before the powers and principalities and before God)
- Our failure to preach the gospel (Ezek. 33:6; Rom. 1:14)
- Our love of the world that has replaced the love of the Father
- Our fruitlessness; i.e., not leading others to the Lord (John 15:16)
- Not caring about the Lord’s interest
- Trying to be good by our self-effort instead of taking Christ as our life

#### **Concerning our relationship with the Lord**

- Our lukewarmness toward the Lord; our lack of loving Him and pursuing Him
- Not reading the Bible
- Not loving the Lord
- Lack of absolute consecration to the Lord
- Resisting the Holy Spirit when He says “No”
- Our opinions about the church or criticism of other members of the church
- Our lack of prayer (1 Sam. 12:23)
- Not being bothered by the corruption in the world (2 Pet. 2:8), with people dishonoring Christ
- Our spiritual deadness
- Our pride
- Our ambition
- Our spiritual dryness
- Our stubbornness
- Our self-righteousness
- Stones in our heart that have frustrated our spiritual growth

- Our worldliness
- Problems with the church
- Problems with God
- Not giving cheerfully to the Lord
- Discouragement
- Depression
- Doubt
- Fear
- Weakness
- Worrying
- Loving the world
- Loving money
- Practicing idolatry by loving other things more than the Lord
- Not living in spirit
- Not exercising our spirit
- Grieving the Spirit
- Quenching the Spirit
- Failing to live Christ

#### ***Concerning our past***

- Unrighteous, unjust, or illegal things we have done but never cleared up: i.e., things obtained by stealing, swindling, taking by force, encroaching upon others' property, things borrowed or found but not returned to others, and all illegitimate relations with others or unjust dealings with others.
- Improper matters—things or matters which are by nature improper, indecent, or immoral
- Evil and unclean things related to idols; magic, astrology, writings of worldly religions, things used in pagan worship, devil worship, horoscopes, palm reading, fortune telling, lucky charms, etc.
- Other unclean things like drug paraphernalia, immoral literature, immoral media, violent video games, etc.
- The whole old way of living—living like the worldly people, having worldly ambitions or interest in the world, old or worldly ways of looking at things, etc.

#### ***Concerning our daily life***

- Not caring for your body as a temple of the Holy Spirit
- Not keeping your word or promise
- Not being neat and clean in your living
- Not expressing the fruit of the Spirit (lowliness, meekness, longsuffering, love, joy, etc.)
- Failing to say what we should have
- Failing to do what we should have

#### ***In our relationships with others***

- Our anger toward others
- Our bitterness toward others (Heb. 12:15)
- Forgiving (supposedly) but not forgetting
- Resentment toward others
- Problems with our family
- Problems with other brothers and sisters
- Having a critical spirit about anything
- Wanting to be first
- Being selfish
- Being inconsiderate of others
- Being rude to others
- Not sharing or not being willing to share with others
- Looking down on others
- Failure to cooperate with others
- Showing partiality toward others
- Not loving your neighbor as yourself
- Hating others
- Enmities
- Strife
- Being envious or jealous of others
- Arguing with others
- Fighting with others
- Talking back to our parents or teachers
- Not obeying our parents
- Being disrespectful to parents
- Being disrespectful to teachers
- Factions; being “cliqueish”; excluding others
- Doing things that cause people to be divided
- Talking about others behind their back

- Lying (Lies told by falsehood)
- Lying by omission (not telling what you should; lies told by not saying anything)
- Lying by telling a half truth; Lies told by telling the truth
- Living by false impression
- Hypocrisy (pretending to be what/how we are not)
- Cheating outright
- Cheating that no one else knows about
- Doing things with an impure motive
- Things done out of self-love
- Using other people's things without asking
- Trespassing
- Things picked up or found that are not yours, but kept by you
- Doing things which offend and upset others
- Hurting others
- Insulting others
- Wishing evil on others
- Not helping others
- Words spoken against someone
- Selfishness
- Hatred toward others
- Owing others
- Participating in bullying
- Taking advantage of others
- Leaving my messes for others to clean up
- Littering
- Damaging property
- Not loving your enemies
- Not turning the other cheek
- Not walking the second mile
- Taking over so that others are not able to be useful

***Concerning a proper living***

- Watching or listening to unclean movies, music, television, videos, social media, etc.

- Looking at or listening to thing that are sinful or that involve fornication or homosexuality
- Looking at or listing to things that feed our flesh or stir up our lusts
- Our lustful or base desires
- Looking at or touching members of the opposite sex who are not in our family
- Fornication
- Uncleaness
- Sensuality
- Idolatry
- Sorcery
- Watching or listening to things that our worldly
- Wasting our time in worldly or unprofitable activities
- Things of the flesh
- Sins of greed
- Sins of gluttony (eating or drinking too much, or eating what we should not)
- Our foolish talking and jesting (joking around) (Eph. 5:4)
- Our looseness
- Parties
- Improper use of drugs or alcohol
- Drunkenness (literal or figurative; being “drunk” with pleasure)
- Carousings—carrying on without restraint
- Lust of the flesh
- Lust of the eyes
- Pride of life
- Coveting
- Using the money God has entrusted to us carelessly
- Using the money God has entrusted to us for wrong things
- Dirtiness
- Taking the Lord's name in vain
- Foul language
- Participating in or telling dirty jokes
- Vain talking
- Laziness

- Irresponsibility
- Blaming of others
- Not working diligently when we should
- Wasting time
- Talking too much
- Things done accidentally

***Having a proper heart***

- Idols in our heart
- Rocks in our heart
- Thorns that have grown up in our heart
- Insulation between you and the Lord
- Callousness
- Being offended at others
- Being upset when we don't get what we want
- Stubbornness - many of us would not go as far as rebellious but we drag our feet in stubbornness.

***General***

- Anything else the Lord touches when we come and open to Him

**For the next 10 days, I will spend \_\_\_\_\_ minutes per day confessing my sins to the Lord.**

*My record:*

Lord's Day: \_\_\_\_\_

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_

Thursday: \_\_\_\_\_

Friday: \_\_\_\_\_

Saturday: \_\_\_\_\_

Lord's Day: \_\_\_\_\_

Monday: \_\_\_\_\_

Tuesday: \_\_\_\_\_

Wednesday: \_\_\_\_\_