

The Practice of Confession



Word: Romans 5:12, Romans 3:21-24

“¹² Therefore, just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned—

“²¹ But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. ²² This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, ²³ for all have sinned and fall short of the glory of God, ²⁴ and all are justified freely by his grace through the redemption that came by Christ Jesus.”

Life Beyond Regret

Although we may not talk much about sin, all of us have sinned. The Bible clearly states that God freely forgives our sins, but many of us struggle to live in the reality of that forgiveness.

That’s why the practice of confession is necessary to our spiritual growth. Confession is not something God has us do because he needs it. Rather, confession is a practice that, done wisely, will help us become the transformed people we long to be.

The practice of confession opens the door to God’s liberating forgiveness. It not only wipes away our guilt but enables us to become the transformed people we long to be.

Confession, a spiritual discipline that goes hand in hand with prayer, is absolutely essential if our hearts are to be knit together with the heart of God. Confession enables us to take appropriate responsibility for what we have done and to begin healing relationships that have been damaged by sin.

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Discussion:

1. Is the discipline of confessing your sins to God a regular thing in your life?
Why or why not?
2. What changes do you think you need to make in this area of discipline?
3. In what way(s) might unconfessed sin be affecting your life and the lives of people around you?
4. Do you have anyone in this church with whom you can talk to someone about the sins in your life? What experience have you had with doing this? What encourages you to do this? What holds you back?