



Sermon Pursuing the Discipline of Confession Title

Week of May 2

Intro Discussion Question(s):

- *Optional Question [What did God reveal to you this past week in the Bible Reading Plan on Service?*
- *Intro Questions - Can you recall a time in your childhood when you had to confess to something? Was it an easy thing for you or was it difficult for you? Explain.*

Read Bible Study Summary:

This study looks at the Spiritual discipline of confession and the important role it plays in our relationship with God and with others. Confessing our sin allows us to experience God's forgiveness, God's light, God's fellowship, and fellowship with God's family! Pursuing the discipline of confession is vital for spiritual health! Four important facts are discussed which are needed if we are to understand how to responsibly pursue the discipline of confession. Rules of engagement are then discussed for giving a confession and receiving a confession.

Main Scripture

- **1 John 1:5-10**

There are some important facts we need to understand as we consider the discipline of confession. We'll find these important facts in our text, 1 John 1:5-10

1. Confession Fact: Without honest confession a person can't come to know God in the first place!

1 John 1:5 This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all.

1 John 1:6 If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth.

- If we aren't willing to be honest and admit our sinfulness and deprivation, God's mercy can't flow. He will not force His love or forgiveness on anyone!! We have a choice.
- Sin has a blinding effect on all of us and we think all is good, but when we find Jesus and He exposes our sin for what it is and offers us a better way, confession is the first step of coming out of darkness! If we

knowingly and intentionally live in sin, with no intentions of stopping, yet claim we are right with God, we lie!

- **Ask Question** - *While the Bible says you can't walk in darkness and fellowship with God at the same time, this doesn't mean a Christian is perfect and never makes a mistake. What is the difference between walking in darkness and living in the light, but sometimes messing up?*
- **Read Scripture**- *Rom 10:10 For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.*

2. Confession Fact: We must allow every area of our lives to be exposed to God's revealing light. 1 John

1:7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

- We must have total honesty with God. He knows everything about you, but you must come to the place where you're willing to admit your sin.
 - **Ask Question(s)** - *What are some of the reasons we hesitate to confess our sins?*
- *Let them give their thoughts first. Then you can remind them of these things...*
 - Sometimes we don't confess our sin because in our minds it doesn't seem like sin.
 - Sometimes we don't confess our sins because we're just really ashamed of what we've done.
 - Sometimes we don't confess our sins because we don't really believe God will forgive us our sin and we fear rejection.
 - **Read Scripture**- *Romans 5:8 But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.*
Romans 5:9 Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him!
Romans 5:10 For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!
Romans 5:11 Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

3. Confession Fact: Confession is not just for the "lost sinner," but also for the "saved sinner."

1 John 1:8 If we claim to be without sin, we deceive ourselves and the truth is not in us.

- We are a fellowship of sinners. But aren't we a fellowship of the Cross? We are, and the reason we gather around the Cross and cling to the Cross, is because it is through the work of Jesus on the Cross that we are forgiven. We are saved sinners, forgiven sinners, undeserving sinners loved by a merciful, and gracious God, but still sinners. Does that mean we just waller in our sin and give up hope of rising above our sin? No, it simply means that no matter how long we've lived our lives for His glory, we still have a long way to go before we will be just like Jesus.
- How can we see what sin did to our Savior and have such a flippant attitude? I don't think anyone who has truly seen the horror that Jesus suffered would have such an attitude. As followers of Christ we continue to confess our sins even though we've already accepted God's forgiveness in salvation. We do this so our fellowship with God stays pure and strong.

- **Ask Question(s)** - *What are some of the things that should serve as motivations for confessing our sins, seeking forgiveness, and living in victory over sin?*
- **Read Scripture**- *Rom 6:1 What shall we say, then? Shall we go on sinning so that grace may increase?*
- *Rom 6:2 By no means! We died to sin; how can we live in it any longer?*

4. Confession Fact: Confession allows God's mercy to flow into your life, while refusal to admit wrong prevents God from changing your life!

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

1 John 1:10 If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.

- You heard it right! If we confess it, and are truly sorrowful, He is willing to forgive it. If you refuse to admit your need for God and His forgiveness, you won't receive it and that will prevent God from changing your life! You see God will not force anyone to accept His love or His forgiveness. It's a choice we've been given! John says, "if" we confess our sins!
- Confessing our sins is extremely important, but confession alone will not fix the problem.
 - **Ask Question** - *What does this statement mean? Our confession must be accompanied by genuine repentance and Godly sorrow.*
 - **Read Scripture**- *2 Cor 7:10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.*
2 Cor 7:11 See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done..
- *Bonus question! Which of the rules of engagement for giving a confession or receiving a confession, stood out to you and why? See sermon notes for additional details.*

Closing

- Don't forget the opportunity to play golf and support missions at our Golf tournament on May 15th, and the opportunity to become a covenant member at our Northshore Orientation classes May 16th-June 13th.
- **Ask Question** - *What is the greatest challenge you are facing? Is there some way our group can help?*
- Pray together over those requests.