

## CONFESSION GUIDE

A time of confession and repentance. Think about these two passages:

Psalm 26:2 <sup>2</sup> *Test me, O LORD, and try me, examine my heart and my mind;*

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

It is so important that we take time reflect on how we have lived, examining our hearts for any sin and confessing those sins to God. It is as simple as asking God "Please forgive me." As you confess trust in the truth that you are forgiven fully and loved completely.

Read over this list carefully. Underline or circle items that need further reflection as you are confessing your sins. If you need to write on the back of this sheet.

Are there sins of pride, preoccupation with appearance or status, always having your own way, drawing attention to yourself in conversation, self-pity, forgetfulness and inconsideration of others due to self absorption? Do you act as if you know everything? Is there rebellion, willfulness, stubbornness, arrogance, harshness, pouting, and oversensitivity, or a despising of the authorities that God has placed in your life? Has bitterness anger, rudeness, or sharpness of speech toward others entered in? Is there a lack of love? Have you left relationships unattended? Have you been unforgiving?

Are there sins of speech, such as coarse jesting, filthy language, crudeness, slang unbecoming of a child of God, undue pessimism in light of God's goodness, judging of others? Are you materialistic, always concerned with your money and possessions, lusting for more and more, insistent upon having the latest and the best, discontent with what God has given, ungrateful? Are you dishonest, telling half-truths in order to appear better than you are? Have you stolen goods, truth, or information? Have you stolen from God?

Are you immoral in mind or body; do you let impure and worthless things come before your eyes; are you flirtatious; do you dress, speak, or behave sensuously? Do you have a secret love for the impure? Are you jealous or envious of others? Do you worship and serve God half-heartedly? Are you prayer-less? Do you neglect His word? Are you failing to trust God, making Him out to be an unconcerned and unloving Father?

Are there sins of over-indulgence, pleasing the body first and foremost? Are you unconcerned over the plight of others who are impoverished or cannot defend themselves? Are you unloving and uncaring towards those of a different social class or economic level? Are you inconsiderate of the real needs of your family or the needs of other believers?

Are there other sins the Holy Spirit brings to your mind? Write carefully and thoroughly what God shows you. Your sins may have been committed years ago and remain unresolved, or they may be current in your experience. Do not fail to deal with every sin unrepented of.