



Confessing Sin

Matthew 7:3-5; 1 John 1:8-9; Proverbs 28:13

Big Idea: Peace at home, work, with family, friends, and even enemies is not only possible but closer than you might think. These messages of hope will help you find the way to peace in the most challenging relationships.

Bottom Line: Confession brings freedom.

Review

The first thing we learned is conflict is our opportunity to glorify God. As Jesus followers, we seek to glorify God in every area of our lives, and conflict is no exception.

The second thing we learned is the importance of examining our hearts at the start of every conflict. We like to go in with gloves on, swinging, but God wants us to begin with a gracious and gentle attitude dealing with how we contributed first.

Introduction

Today, we want to build on last week's discussion with practical steps in confessing our sin.

It is through confession that we actually find freedom from sin.

Truth

Proverbs 28:13, "Whoever conceals his sin does not prosper, but whoever confesses and renounces them finds mercy."

Most are not very good at confessing.

"If" is a fatal word!

Confession begins in the heart, and confession must be genuine and sincere.

God provides us with the seven A's of confession:

Address everyone involved (Luke 19:8).

Avoid if, but, and maybe (Psalm 51).

Admit specifically (Matthew 7:3-5).

Begin with the desires and idols ruling your heart (1 Corinthians 6:9-10; Galatians 5:19-26).

Continue with sinful words (James 3:1-12; Ephesians 4:25-32). They could be unloving words, lies, gossip, and slander.

Next, confess sinful actions. Not keeping your word (Matthew 5:33-37) and not respecting authority (Romans 13).

Finally, the catchall: Matthew 7:12, “Do unto others as you would have them do unto you.” Confess anything you did that you would not like done to you.

Acknowledge the hurt (Matthew 7:12).

Accept the consequences (Luke 15:19; Luke 19:8).

Alter your behavior (Ephesians 4:22-32).

Ask for forgiveness (Genesis 50:17).

Conclusion

Confession really does bring freedom!

Application & Next Steps

- Memorize Proverbs 28:13
- Who have you sinned against?
- Go to them this week and confess.