

Confession & Repentance Exercise

A key aspect of living in freedom is engaging in regular confession and repentance. Even though we're forgiven, sin can still disrupt our fellowship with God and weigh us down. Regular confession keeps us free from the weight of sin and enables us to fully experience God's grace. In 1 John 1:9, it says, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." In confession, we agree with God that we've sinned, we thank Him for his forgiveness, and we choose to turn away from sin and trust God to change our wrong attitudes, thoughts, and behaviors. This is the act of repentance. By doing this, we can restore our fellowship with God. Confession and repentance are regular acts of the Christian faith.

1. Read Psalm 139:23-24.

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

2. Pray: Lord, search my heart and reveal anything in me that doesn't honor You. Show me the anxious thoughts and hidden sins and shame I need to surrender and lead me in Your everlasting way.
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3. Confess: Write down anything that comes to mind that you need to confess. Consider these prompts as you reflect and confess:
 - a. *Is there anything that God has commanded me to do that I have not been obeying?*
 - b. *Is there any sin against the Lord or others that I have been covering up?*
 - c. *Is there any way that I have wronged someone and not sought to make it right?*
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4. Close in prayer. Consider this prayer: *Father, I come to You with a humble heart, confessing my sins and acknowledging where I have fallen short of Your will. Forgive me, Lord, and cleanse me of anything that separates me from You. Help me to turn away from sin and walk in Your truth and righteousness.*
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5. James 5:16 says to confess your sins to another person and to pray for each other. If possible, meet with another believer this week and confess your sins and pray together.