

C. – Confession

Confession is literally saying the same thing that God says about something. It is both a matter of clearing the ground and laying the foundation for the castle that God wants to build in your clean heart & mind. When you come before a king, you need to be clean and you need to come with the right attitude of humility. Confession puts you right in the place God wants you: ready to receive grace.

1. *We confess our sins and shortcomings to God.* 1 John 1:9 says, **“If we confess our sins, God is faithful & just and will forgive us of our sins and will cleanse us of all unrighteousness.”** God is a perfect and good Father in every way, we are not up to his par. But He will separate us from our wrongdoing if we acknowledge the wrong that we have done and how we have violated His laws and say that we did wrong. He will also cleanse us of those areas where we are out of alignment with His word, ways, and will. Basically, if we admit we have a problem, God does DDT on us to kill our sin patterns: Direct-Divine Therapy.
2. *We confess our weaknesses to each other.* James 5:16 says, **“Therefore, confess your weaknesses to each other and pray for each other that you may be healed. The prayer of a righteous person accomplishes much.”** James talks not only about forgiveness of sins and restoration of relationships through this process, but also of restoration of our bodies. God not only heals our souls, but also our bodies. Before a problem can be fixed, you have to admit it is a problem. Before a doctor can treat a trouble, you must tell the doctor the symptoms. So early in our process of praying, we need to admit our problems and perils.
3. *We confess Jesus as Lord and risen from the dead.* Romans 10:9-10 says, **“If you confess with your mouth “Lord Jesus!” and believe in your heart that God raised him from the dead, you will be saved. Because you believe with your heart and are made right and admit with your mouth and are rescued.”** Once we have cleared the ground of all the junk in our lives, we need to lay a good foundation of Truth: Jesus died for you to remove your sins. Jesus rose again to give you new life. Jesus is Lord. Now you are on the highway to holiness which culminates in the castle called the New Jerusalem.

The community of Christ is strengthened by admitting our sins and sicknesses and acknowledging that only Jesus can save us. These three confessions will strengthen your soul and, ultimately, your society. If you cannot agree with God on the basics of your need for Him and His adequacy for you, you will have a hard time experiencing Him as your Father in Heaven.

Just as any father on earth would want their children to be honest with him and to admit their wrongdoings and to accept mercy from the father’s hands, so your relationship with your Father in heaven will be so much better once you admit the Truth He has revealed about your condition, express your need for His provision, and cry out to Him as the Source of your life.

For further reading: Psalms 32 and 51.

For reflection: *What do you need to confess?*

Who would be the appropriate person to receive your confession?

How would you respond if someone confessed something to you?

With whom can you share this lesson on confession?