

One Step to Freedom
Chapter 4: Forgiveness

Lesson 2
Our Confession

“Blessed are those who mourn, for they shall be comforted” (Matthew 5:4).

As Christians, we would love to live our lives without failing God. This should be our goal; yet, as long as we live in these earthly bodies we will fall short in our service to God. We need to allow God to use us and reveal Himself to others in spite of our sinful nature. He wants to glorify Himself in and through our lives.

Confession of sins is critical to all Christians. When we fail to confess our sins to the Lord, one of two things happens: we begin to think we are without a sinful nature (which results in self-righteousness) or we harden our hearts to the conviction of God’s Holy Spirit (which brings our relationship with God to a standstill).

1. Read 1 John 1:8-10. If we say that we have no sin, whom do we deceive?
-

2. If we say that we have not sinned, what do we accuse God of being?
-

3. What happens when we confess our sins?
-

In 1 John 1:8-10, notice the word “if.” God puts a stipulation on our forgiveness and restoration. That work is based on our confession of our sins. God does not want us to walk around feeling condemned because we’re not sure if we have confessed all of our sins. God is interested in showing us our sin (through conviction and by our confession) so that we can serve Him.

Unconfessed sin can destroy us as Christians. Here are some major reasons why we need to confess our sins.

4. Read Psalm 66:18. What happens with unrepented sin?
-

5. Read Psalm 38:3-4. What is the result of unconfessed sin?
-

One Step to Freedom
Chapter 4: Forgiveness

6. Read Isaiah 43:24. What do our sins become to God?
-

Sometimes we are not sure if we have sinned against the Lord. Here are two primary ways God reveals our sins in John 14:26.

7. What does Jesus promise that the Holy Spirit will do for us?
-

8. The Holy Spirit will teach us our sins and show us how to turn away from them. Read 2 Timothy 3:16 and answer why all Scripture is profitable.
-

9. According to Hebrews 4:12-13, what does the Word of God do concerning our hearts (verse 12)?
-

The more we study God's Word, we become aware of what He desires in our daily lives. His Word also reveals how we have failed God by making our sins clear to us.

10. Read Psalm 139:23-24. Who does the psalmist (David) invite to search his heart for wickedness?
-

If we seek the Lord through prayer, meditation and fasting, He will be well pleased to show us our sins. All we need to do is ask, and have a willing heart ready to respond to what God shows us.

When we confess our sins, two wonderful things take place. First, God forgives us our sins (1 John 1:9 and Psalm 32:5). Second, God cleanses us from the unrighteousness of our sins (1 John 1:9 and Isaiah 1:18). The result of confession is a release from guilt and we are set free to rejoice in the goodness of the Lord.

Confession of our sins is summed up in this way: God wants to reveal our sins to us. He wants us to mourn over them, confess them to Him, and then turn away from them (repent). God wants to release us from the grip of unconfessed and unrepented sin, so that we can be free to seek His righteousness in our lives.