



# KINGDOM LEARNERS

## DISARMING DARKNESS – LESSON 9

*Confess Your Sins*

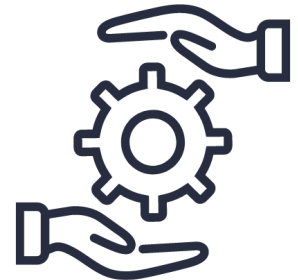


### THINGS TO PONDER

1. What does it mean to confess your sins?
2. According to the Barna Group, only 40% of churchgoers pray with confession in mind, why do you think this is?
3. What keeps you from confessing your secret sins?

### THINGS TO PRACTICE

1. Sit in prayer and make a list of the things you need to confess.
2. First, take those confessions to the Father so he can purify you, then find a mature believer to confess your sins to.
3. Practice making confession a daily routine in your prayer life.

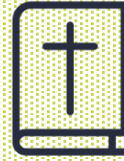


### THINGS TO PRAY



Father, we come to you and acknowledge that all of us have sinned and fallen short of your glory. Father, we turn to you and confess our sins [named above]. We humbly accept your forgiveness for our confessions and sit with you in the secret place as you cleanse us and purify us from all our unrighteous acts. Give us courage to come to you and our brothers and sisters so we can reveal these sins and receive your mercy. We confess that at times we forget to make you the center of our lives and we ask that you create in us a pure heart and that you renew our Spirits. We ask all of this in the name of Jesus Christ, who takes away the sins of the world!

# KEY PIECES OF SCRIPTURE



**1 John 1:8-10** – If we claim to be without sin, we deceive ourselves and the truth is not in us. *If we confess our sins*, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us (emphasis added).

**James 5:16** – Therefore *confess your sins to each other* and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

**Proverbs 28:13** – Whoever conceals their sins does not prosper, but the one who *confesses and renounces them* finds mercy.

**Psalms 32:5** – Then I acknowledged my sin to you and did not cover up my iniquity. I said, “*I will confess my transgressions to the Lord.*” And you forgave the guilt of my sin.

**Romans 3:23-24** – for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.

**John 1:29** – Behold! The Lamb of God who takes away the sin of the world!

**Psalms 51:17** – The sacrifices of God *are* a broken spirit, a broken and a contrite heart—  
These, O God, You will not despise.

**Psalms 51:1-2** – Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.

**Psalms 51:10** – Create in me a pure heart, O God, and renew a steadfast spirit within me.

**James 4:17** – If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.

# KEY CONCEPTS TO KNOW



**1 John 1:9** – *If we confess our sins*, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (emphasis added).

## WHAT IS SIN?

Maybe you've heard sin is missing the mark. But let's take it a step further. We serve a relational God, so sin has to do with our relationship with Father. Thus, sin is anything we do that might cause a breach in our relationship with the Father. Reminder, all of us have sinned and fallen short of the glory of God (Romans 3:23)

## WHAT IS CONFESSION?

Perhaps you have heard this in the court of law? A confession is an acknowledgement of how one has violated or broken the law. When we confess to God, we admit all the ways that we have broken his laws or violated his commandments for our lives. It's telling God how you have harmed your relationship with Him.

## WHY CONFESS YOUR SINS?

- God's word says that we will be shown mercy when we confess (Proverbs 28:13)
- He tells us that he will forgive us our sins and purify us from all unrighteousness (1 John 1:9)
- If we confess our sins to another and pray for each other, we will be healed (James 5:16)
- Because it puts us back in right standing with God

## SEE HOW DAVID CONFESSED AND REPENTED TO GOD

Psalm 51

- \* Have mercy on me, O God, according to your unfailing love
- \* In your compassion, blot out my transgressions
- \* Wash away all my iniquity
- \* Cleanse me from my sin
- \* I have sinned against you and you only
- \* Create in me a pure heart
- \* Deliver me from the guilt
- \* My sacrifice is a broken spirit

- \* have mercy on me
- \* Cleanse me and I will be clean
- \* Wash me white as snow
- \* Hide your face from my sins
- \* blot out my iniquity
- \* Renew a steadfast spirit in me
- \* My mouth will declare your praise
- \* A broken and contrite heart you will not despise