



COMMUNITY OF FAITH

PATTERNS

THE FREEDOM OF CONFESSION

But grow in the grace and knowledge of our Lord and Savior Jesus Christ. 2 Peter 3:18

For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen. Romans 11:36

1. What does it mean to confess our sins?

So he consented and sought an opportunity to betray him to them in the absence of a crowd. Luke 22:6

So everyone who acknowledges me before men, I also will acknowledge before my Father who is in heaven. Matthew 10:32

⁹ because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. Romans 10:9

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

To agree with God about my sin and acknowledge it before Him.

³ For I know my transgressions, and my sin is always before me.⁴ Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. Psalm 51:3-4

'Father, I have sin against heaven and against you. I am no longer worthy to be called your son. Luke 15:21

'God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. Luke 18:11

The woman whom you gave to be with me, she gave me fruit of the tree, and I ate. Genesis 3:12

2. Why do we need to confess our sins?

¹³ You were dead because of your sins and because your sinful nature was not yet cut away. Then God made you alive with Christ, for he forgave all our sins. ¹⁴ He canceled the record of the charges against us and took it away by nailing it to the cross. Colossians 2:13-14

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Judicial Forgiveness. Your position before God

Relational forgiveness: Your fellowship with God.

So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. 1 John 1:6

3 When I kept silent, my bones wasted away through my groaning all day long.

4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Psalms 32:3-4

13 Then David said to Nathan, "I have sinned against the Lord." 2 Samuel 12:13

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. Psalms 32:5

Confession restores our relationship with God and brings relief to our soul.

"God opposes the proud but gives grace to the humble." James 4:6 NLT

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. James 5:16

3. The Pattern of Confession.

a) Heart inventory – invite the Holy Spirit to search your heart.

23 Search me, O God, and know my heart; test me and know my anxious thoughts.

24 Point out anything in me that offends you, and lead me along the path of everlasting life. Psalms 139:23-24

b) Repentance. Not just regret – Sorrow for sin.

c) Confession of specific sins – acknowledge them honestly.

d) Acceptance of forgiveness – believing God's promise of grace.

e) Reconciliation – restoring relationships where possible.

"Confession is a grace from God that allows us to be set free from sin's power, and it ushers us into a life of transparency, humility, and healing." Richard Foster