

Spiritual Disciplines: Confession

Lamentations 3:40-42

⁴⁰ *Let us examine our ways and test them,
and let us return to the Lord.*

⁴¹ *Let us lift up our hearts and our hands
to God in heaven, and say:*

⁴² *"We have sinned and rebelled
and you have not forgiven.*

There is an _____ I must _____ to

There is a _____ I must _____ to

Ezekiel 3:7

⁷ *But the people of Israel are not willing to listen to you because they are not willing to listen to me, for all the Israelites are hardened and obstinate.*

Psalm 32:1-4

¹ *Blessed is the one
whose transgressions are forgiven,
whose sins are covered.*

² *Blessed is the one
whose sin the Lord does not count against them
and in whose spirit is no deceit.*

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.* ^[b]

The _____ hand of God is a _____

Psalm 32:5

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.*

Hebrews 4:13

¹³ Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

God already _____

Hebrews 4:15-16

¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. ¹⁶ Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Psalms 32:8-9

I will instruct you and teach you in the way you should go;

I will counsel you with my loving eye on you.

*⁹ Do not be like the horse or the mule,
which have no understanding
but must be controlled by bit and bridle
or they will not come to you.*

2 Corinthians 7:9-10

⁹ yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. ¹⁰ Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.