

Confession is good for the soul

1. God is without sin, we are not

- Is 6:5 And I said: “Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the Lord of hosts!” RSV

2. If we confess our sin, we are forgiven in Christ

- 1 John 1:7-9 ...and the blood of Jesus his Son cleanses us from all sin... If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness. RSV

3. God wants His people to own their own sin

- Lev 5:5... when anyone becomes aware that they are guilty in any of these matters, they must confess in what way they have sinned. NIV
- Neh 5:6 "...Any man or woman who wrongs another in any way and so is unfaithful to the Lord is guilty 7 and must confess the sin they have committed" NIV

4. God wants us to confess sins we picked up from parents/grandparents

- Lev 26:40 ‘But if they will confess their sins and the sins of their ancestors... I will remember my covenant with Jacob and my covenant with Isaac and my covenant with Abraham” NIV
- Neh 9:2...They stood in their places and confessed their sins and the sins of their ancestors. NIV

5. Sin occurs in cycles

- People sin →
- God provides Judgment →
- The people cry out →
- God forgives and rescues →

God's Friends, Covenant Confirmation material

So What?

- **When we list a blanket “forgive me” we don’t understand the depth of our depravity.**
- **Have you ever listed what you have been forgiven for?**
 - Make a list
 - Large headings; Ex 20: The 10 commandments
 - Fill in details
- **What sin(s) have you learned from parents and grandparents?**
 - List them

So What?

- Confess your sin
- You did it!
- You do it!
- Come to grips with why you need a savior!