

# ✧ Confession ✧

A Church at the Well Resource

## Scriptural Basis

If we confess our sins to him, he's faithful and just to forgive us our sins and cleanse us from all unrighteousness. —1 John 1:9

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy. —Proverbs 28:13

## What is the idea behind confession?

In confession, we take responsibility for our sins before God and receive forgiveness, allowing his light to shine in our lives as we commit to living authentically before Him & others.

## Three Approaches to Confession

- In a quiet place, confess your sins before God, trusting that God hears you and won't condemn you, but will forgive you as he has promised.
- Read a prayer of confession in scripture such as Psalm 51.
- Find a friend you trust—someone of maturity and good judgement—and invite that person into your practice of confession as James 5:16 invites us to.

## If Someone Invites You into Their Practice of Confession

- Have a conversation about confidentiality (see below).
- Listen to what they wish to share with loving attentiveness and respect.
- Pray a prayer of blessing over them.

## Confidentiality

Having a conversation around confidentiality could look like this:

Confessing Person: *I have something to confess, but you have to promise not to tell anyone.*

Listening Person: *I agree to keep this conversation confidential except in the case where you or someone else is in danger of being harmed in any way or if what you share feels too heavy for me to bear alone, in which case I would discretely share it with an appropriate person. Do you agree to that?*

## Reflection Questions

- What obstacles have stood in your way when it comes to confessing sin?
- How does your understanding and experience of God's love affect your ability to trust in God's ability and desire to forgive your sin?
- Are you carrying a burden of guilt or shame from a sin that you might now take a moment to confess before God and release to him?