

Confession

Confession is a necessary component of the spiritual life that is often neglected. Confession offers many benefits:

- Release of shame and guilty
- Movement toward changed behavior
- Deeper understanding of God's mercy and love
- Enhanced ability to extend grace to others
- Greater self-awareness
- Humility

A lack of confession leads to greater depths of sin, damaged relationships with friends and family, alienation from God, a hardened heart and needless pain. The Bible states it succinctly, "The wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord." Romans 6:23.

Yet, despite these clear benefits and obvious pitfalls, many Christians lack a daily discipline of confession. Here is how you can remedy that in your life.

Confession Quick Start Guide

- 1) **Use a model:** On the backside of this handout is a prayer of confession from the Book of Common Worship. Use it. Why? A prayer template prompts you to consider areas you may otherwise overlooking.
- 2) **Pause to identify:** The pray has been formatted with visual breaks. At each break pause and prayerfully consider the type of sin stated. Think through your day and identify specific ways you sinned.
- 3) **Pause to consider consequence:** Confession should prompt repentance. Change often doesn't happen though without remorse. Understanding your sin's consequence will evoke remorse. How has your sin harmed you, others, or your relationship with God? Remember that the ultimate consequence of your sin is Christ on the cross.

A Prayer of Confession

Most Merciful God, I confess that I have sinned against you in thought,

word,

and deed,

by what I have done,

and by what I have left undone.

I have not loved You with my whole heart;

I have not loved my neighbor as myself.

I am truly sorry and I humbly repent. For the sake of your Son Jesus Christ, have mercy on me and forgive me; that I may delight in your will, and walk in your ways, to the glory of your Name. Amen.

After You Pray

Think of an action step that you can take so that you don't continue a sin. Without a clear intention and plan to live differently you are likely to repeatedly fall back into the same behavior

Published by: <http://ThePracticalDisciple.com>.

Permission granted to reproduce for non-commercial purposes. ©2010