

Guided Confession Handout

Our goal for this time of confession is to pause, reflect, and repent. Know that you don't need to confess something "big" if nothing comes to mind, but rather that you should share what is on your heart and mind. If God brings an area of sin to mind, respond with repentance and turn away from your sin.

Optional Passages for Reflection:

"Let your continuous prayer be:

Show me, as my soul can bear,

The depth of inbred sin;

All the unbelief declare,

The pride that lurks within.

As God hears your prayer, he will let you see your heart. Then he will show you in entirety the spirit to which you belong. Then take care that your faith does not fail you, or that your protection is not torn from you. Now you are free to see yourself quite openly even at your lowest, to be humbled in the dust, to see yourself as nothing, less than nothing, and empty. At that very moment you may still 'set your troubled hearts at rest, and banish your fears' (John 14:27). Remember that you, even you, have an Advocate 'with the Father, Jesus Christ, and he is just' (1 John 2:1). Hold fast to the recollection that 'as the heaven stands high above the earth' (Psalm 103:11), so is God's love higher even than my sins." —John Wesley, *The New Birth*

- Psalm 32:5

*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.*

- 1 John 1:9

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

- James 5:16

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.

- Romans 13:11-14

¹¹ And do this, understanding the present time: The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed. ¹² The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. ¹³ Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. ¹⁴ Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

Optional Process and Questions to Guide Your Time:

Spend some time in prayer asking God to bring areas of sin in your life to mind.

- What sin has God brought to your mind that you need to confess to Him?
- How does your sin hurt others and God?

Confess your sin and ask God to show you what to do next.

- What does it look like for you to turn away from that sin?
- How do you ask God for help when you face temptation?
- Do you need to pursue reconciliation with anyone?
- Do you need to tell anyone of this particular sin struggle and ask for accountability?