

Lesson 2 OUR CONFESSION

“Blessed are those who mourn, for they shall be comforted.” (Matthew 5:4)

WHAT DOES IT MEAN TO MOURN?

When we see ourselves in the light of the Lord, it creates brokenness in our hearts and weeping over our sinfulness. When we see this truth, it causes us to be repentant. And when we mourn over our sin, Jesus promises to comfort us.

“For godly sorrow produces repentance leading to salvation, not to be regretted; but worldly sorrow lacks repentance and results in spiritual death. For observe this very thing, that you sorrowed in a godly manner: what diligence it produced in you, what clearing of yourselves, what indignation, what fear, what vehement desire, what zeal, what vindication! In all things you proved yourselves to be clear in this matter.” (2 Corinthians 7:10-11)

As you mourn over the fact that you have no strength, no ability or power, you feel helpless, and that causes you to cry out to God. In your state of mourning, you'll begin to experience the glorious power of God, doing in your life what you could not possibly do for yourself. Mourning over your sin causes you to confess your sin. And confession of sin is critical for victory!

FAILURE TO CONFESS OUR SIN

When we fail to confess our sins to the Lord, one of two things happens: (1) We begin to think we are without a sinful nature and become self-righteous, or (2) We harden our hearts to the conviction of God's Holy Spirit, refusing His offer to help us. This will bring our relationship with God to a standstill.

1. Read Proverbs 28:13-14 and write it here.

Read 1 John 1:8-10.

2. If we say that we have no sin, whom do we deceive? See verse 8.

3. What happens when we confess our sins? See verse 9.

4. Write out 1 John 1:10.

In 1 John 1:8-10, notice that each verse begins with the word “if.” God puts a stipulation on our forgiveness and restoration. That work is based on our confession of sins. If we confess our sins, God will show us our sin (through the conviction of the Holy Spirit) and forgive us and cleanse us from unrighteousness.

One Step to Freedom
Chapter 3: Forgiveness

Unconfessed sin can limit our relationship with God. If we do not confess our sins, we cannot serve God. The following Scripture passages teach us about unrepented sin and why it is mandatory to confess our sins.

5. Read Psalm 66:18. What happens with unrepented sin?
6. Read Psalm 38:3-4. What is the result of unconfessed sin?
7. How does God view the unrepentant person? See Proverbs 28:9.
8. If we are uncertain that we have sinned, what does Jesus promise?
9. Not only will the Holy Spirit teach us our sins and show us how to turn away from them, what will the Word of God do? See 2 Timothy 3:16.

The more we study God's Word, the more we become aware of what He desires in our daily lives. His Word also reveals our sin nature and makes it clear how to confess and repent.

10. Read Psalm 139:23-24. Why does the psalmist (David) invite God to search his heart?

If we seek the Lord through prayer, meditation and His Word, God will be well pleased to show us our sins. All we need to do is ask, and have a willing heart ready to respond to what God shows us.

When we confess our sins, two wonderful things take place. First, God forgives us our sins; and secondly, He cleanses us from the unrighteousness of our sins (1 John 1:9). The result of confession is a release from guilt and we are set free to rejoice in the goodness of the Lord.

"Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land." 2 Chronicles 7:14