

WEEK TWO

FEBRUARY 7-13

"CONFESSION WEEK"
(STAY EMPTY)

FASTING FOCUS SCRIPTURE:

Psalm 32:5 (NIV)

**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.**

"God removes the sin of the one who makes humble confession, and thereby the devil loses the sovereignty he had gained over the human heart."

- Unknown

SUPPORTING STORY: A young boy was playing outside with his little sister. She dared him to pick up a rock and throw it at one of their grandmother's prize ducks. The proud little boy never backed down from a dare so he picked up a rock and threw it. To his surprise the rock flew with arrow like precision hitting one of the ducks in the head and killed it. The little boy was terrified! He ran over grabbed the duck and hid it behind the tool shed. His little sister saw this as her opportunity to win special favor from her now guilt ridden big brother. She told him that from now on he had to be her servant or she would tell grandmother about the duck. For the next few weeks the boy washed her dishes, did all of her chores, cleaned up her room, and brought her dessert whenever she asked. The little boy was miserable. One day he finally have enough, he dropped his sisters laundry on the floor and decided to go and confess to his grandmother. With tears in his eyes he goes into his grandmothers room and confesses what he had done. To his surprise his grandmother told him that

SUNDAY, FEBRUARY 7TH

BIBLE READING

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Happy Sunday Everybody! Last week we focused on humility and I pray that each of you continue to look for opportunities to exercise and operate in the spirit of humility.

This week we will focus on confession. If there's one thing I've learned in my life it's the cleansing power of confession. Confession is an act of humility but it also frees you from the guilt and often the penalty of sin. The confession of sin must become a part of your everyday life. This week may prove to be a little tougher than the previous. It will require you to look deep into your soul and dig up some things that you have possibly had buried for years. Just remember, the greater the struggle, the greater the victory. Stay focused on your fasting and praying. God is turning things around for you. This week is going to set you free! (Stay Empty)

BIBLE READING FOR SUNDAY:

This week we will get a little more in depth. Be sure to grab your Bible, notepad, and a pen. Take copious notes as God speaks to you. Ask Him for revelation, clarity, and understanding. The Scriptures selected below will help to prepare your spirit for what's ahead. Meditate and get them into your heart. This may prove to be the journey of a lifetime.

- **1 John 2:1 (ESV)**

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous.

- **Proverbs 28:13 (ESV)**

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

- **1 John 1:9 (ESV)**

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

SUNDAY, FEBRUARY 7TH PRACTICAL APPLICATION

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Before I talk to you about CONFESSION I need to talk to you about FORGIVENESS. For until you understand FORGIVENESS it becomes difficult to understand CONFESSION.

I want to teach the difference between POSITIONAL OR JUDICIAL Forgiveness vs RELATIONAL OR FAMILIAL Forgiveness.

• READ EPHESIANS 1:6-8

6 to the praise of the glory of His grace, by which He made us accepted in the Beloved.

7 In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace 8 which He made to abound toward us in all wisdom and prudence,

"Positional" forgiveness, or Judicial forgiveness, is that which is obtained by every believer in Christ. Our sins are forgiven at salvation (positional forgiveness). In our position as members of the body of Christ, we have been forgiven of every sin we have ever committed or ever will commit. The price paid by Christ on the cross has satisfied God's wrath against sin, and no further sacrifice or payment is necessary. When Jesus said, "It is finished," He meant it. Our positional forgiveness was obtained then and there.

• NOW READ 1 JOHN 1:9

9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

The difference between ***Ephesians 1:6-8*** and ***1 John 1:9*** is that John is dealing with what we call ***"Relational," or "Familial," forgiveness***—like that of a father and a son. For example, if a son does something wrong to his father—falling short of his expectations or rules—the son has hindered his fellowship with his father. He remains the son of his father, but the relationship suffers. Their fellowship will be hindered until the son admits to his father that he has done wrong. It works the same way with God; our fellowship with Him is hindered until we confess our sin.

SUNDAY, FEBRUARY 7TH

PRACTICAL APPLICATION

"CONFESSION WEEK"
(STAY EMPTY)

- When we confess our sin to God, the fellowship is restored. This is relational forgiveness.
- Confession of sin will help to keep us from the discipline of the Lord. If we fail to confess sin, the discipline of the Lord is sure to come until we do confess it.

ACTION ITEMS: *(These are things you must do)*

- Start thanking God for sending His Son to die for your sins.
- Thank God for your "Positional Forgiveness" *(That Jesus paid the price for your sins on the cross)*
- NOW READ GALATIANS 5:19-21
 1. LOOK UP THE NAME OF EACH WORK OF THE FLESH WRITE DOWN IT'S DEFINITION.
 2. STUDY EACH DEFINITION
 3. ASK GOD TO REVEAL AREAS IN YOUR LIFE WHERE YOU HAVE BEEN GUILTY
 4. ASK GOD TO FORGIVE YOU

SUNDAY, FEBRUARY 7TH

PRAYER DIRECTIVE

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

The tagline for **Confession Week** is **"Stay Empty."** The act of confessing sin to God is emptying yourself of things that will potentially devastate your future. **Romans 6:12 (NLV)** says, So do not let sin have power over your body here on earth. You must not obey the body and let it do what it wants to do. When you hide your sins you will not prosper, but when you confess them and for sake them God will give you mercy. **(Proverbs 28:13)**

Let's Pray

- Lord I come humbly before you
- I praise you for being God
- I worship you because you are my heavenly Father
- I thank you for loving and saving me
- You know everything I've ever done and you still love me
- You know my every thought, both good and bad, and you still love me
- You knew that I would sometimes stray away and you still loved me
- Even in my mess you still loved me
- Even though there has been times when I've turn my back on you, you've never turn your back on me.
- You've never let me down
- Lord, I give you permission to search my heart
- Search even the dark areas in my heart and in my life
- Reveal to me any hidden sins or any unforgiveness that still lives in my heart
- Show me the areas of my life where I have done wrong
- And help me to forgive anyone who has sinned against me
- Shine light on the areas in my life where I have become blinded by the enemy
- Show me the places in my soul where I have become friends with the world

SUNDAY, FEBRUARY 7TH

PRAYER DIRECTIVE

"CONFESSION WEEK"
(STAY EMPTY)

- Revealed to me the sins of omission that I commit unknowingly
- Speak Crystal clearly to me
- Help me to know your ways
- I seek your face with all my heart
- Teach me to endure hardship like a good soldier
- Although your chastening can be painful I know you do it because you love me
- Create in me a clean heart and renew the right spirit within me
- I ask this all in Jesus's name

MONDAY, FEBRUARY 8TH

"BIBLE READING"

"CONFESSION WEEK" (STAY EMPTY)

MESSAGE FROM PASTOR:

Congratulations, you've made it through seven full days of fasting and prayer. At this point, you should be more focused and should notice that some strongholds have been broken off of your life. This is "Confession Week." The tagline is "Stay Empty." This week is more important than any of the others because this is the week that you have to take off the fig leaves. Adam and Eve tried to cover their sins with fig leaves and as a result they were expelled from the garden. Have you ever wonder what would've happened if they had just come clean?

Your confessions will lead to your deliverance. The Scriptures below will help you in the process. This weeks lesson will be more in depth than previous. Get ready to study and learn more about God and yourself. Remember to "Stay Low" and to "Stay Empty."

BIBE READING FOR MONDAY:

Grab your Bible and let's read together. Remember to pray for clarity and understanding. God said if we lack wisdom we can ask Him and he will not hold it back. Let the word of God saturate your heart. Meditate on the word throughout the day. Find a scripture that you would like to remember and try and repeat it over and over until it gets in your heart. Scripture memorization is a spiritual discipline.

- **2 Samuel 12:13 (NLV)**

13 Then David said to Nathan, "I have sinned against the Lord." And Nathan said to him, "The Lord has taken away your sin. You will not die.

- **Acts 3:19 (NLV)**

19 But you must be sorry for your sins and turn from them. You must turn to God and have your sins taken away. Then many times your soul will receive new strength from the Lord.

MONDAY, FEBRUARY 8TH

BIBLE READING

"CONFESSION WEEK"
(STAY EMPTY)

- **Psalm 38:18 (ESV)**

I confess my iniquity; I am sorry for my sin.

- **Psalm 51:1-4 (NLV)**

1 O God, favor me because of Your loving-kindness. Take away my wrong-doing because of the greatness of Your loving-pity. 2 Wash me inside and out from my wrong-doing and make me clean from my sin. 3 For I know my wrong-doing, and my sin is always in front of me. 4 I have sinned against You, and You only. I have done what is sinful in Your eyes. You are always right when You speak, and fair when You judge.

MONDAY, FEBRUARY 8TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Confession of sin will help to keep you from the discipline of the Lord. If you fail to confess sin, the discipline of the Lord is sure to come until you do confess it. As stated previously, your sins are forgiven at salvation (positional forgiveness), but your daily fellowship with God needs to stay in good standing (relational forgiveness). Proper fellowship with God cannot happen with unconfessed sin in your life. Therefore, you need to confess your sins to God as soon as you are aware that you have sinned, in order to maintain close fellowship with God.

- For the next two days you will learn the **PURPOSE OF CONFESSION**
(1 John 1:9 "If we confess our sins...") *Humility*

OBSERVE: In order to understand the purpose of confession we must first understand what John means by the term confession, if we look at the text we will see many clues to help us understand what John is teaching...

- "If": Suggests that confession is an act of free will and not forced upon us by God or man.
- "We" / "Our": Confession is for everyone; all have sinned and are responsible for their own sin.
- "Sins": At the root of confession are our transgressions against God.

NOTICE VS. 6 AND VS. 8 both prior to and after today's verse we are reminded that we are sinners in order that the key center of the passage will stand out as the solution to our problem.

MONDAY, FEBRUARY 8TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

1 John 1:6 (NKJV)

6 If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth.

1 John 1:8 (NKJV)

8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.

- "Confess": Admit wrong doing; take personal responsibility for wrong doing.

THEREFORE CONFESSION IS: *Admitting and taking responsibility for our sin by an act of our own free will.*

ACTION ITEMS: *(These are things you must do)*

1. PRAY AND ASK GOD TO REVEAL ANY AREAS OF UNCONFESSED SIN THAT MAY BE IN YOUR LIFE.
 - MEDITATE ON PSALM 139:23-24
2. HUMBLE YOURSELF AND ADMIT AND TAKE RESPONSIBILITY FOR ANYTHING GOD REVEALS
 - MEDITATE ON PSALM 51:3-4

MONDAY, FEBRUARY 8TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK" (STAY EMPTY)

MESSAGE FROM PASTOR:

As you can probably tell "Confession Week" is going to be challenging for some and freeing for others.

If you want to be filled by God then you must be willing to empty yourself. Confession is how you empty yourself so that God can use you for His Glory.

A WORD ABOUT PRAYER:

Luke 11 (NKJV)

1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray,

- **Prayer is not a Religious Activity.** *(Can be done anywhere, at anytime, by any believer)*
- **Prayer is the most misunderstood Kingdom activity.** *(It's the most Powerful weapon we have)*
- **Prayer is also the most important Kingdom activity.** *(Should be Top Priority everyday)*
- **Prayer is an ambassadors number 1 activity.** *(No decisions should be made without it)*
- **Prayer is not an option it's a responsibility.** *(You should need to pray like you need to breath)*

MONDAY, FEBRUARY 8TH

"PRAYER DIRECTIVE"

**"CONFESSION WEEK"
(STAY EMPTY)**

LETS PRAY:

Father God, I come to you in the name of my Lord and Savior Jesus Christ.

I enter your gates with thanksgiving and into his courts with praise. I ask you to blot out all of my transgressions and wash me totally from my iniquities and from my sins. I do acknowledge my transgressions and that my sin is always before you. Against you and you only have I sinned.

Lord, you desire truth in the inward parts, in the hidden parts you'll make me to know wisdom. Purge me with hyssop, and I shall be clean, wash me and I shall be whiter than snow.

Please do not take your Holy Spirit away from me but restore to me the joy of Your salvation and uphold me with your generous spirit. I humble myself in complete repentance before you. I ask you to forgive me for any sins that I may have hidden in my heart and not confessed. Teach me to number my days. Teach me to know Your righteousness and to walk in Your ways. Teach me to acknowledge sin instantly and never to let the sun go down on my wrath. Teach me to forgive instantly and to love my neighbor as myself.

Father forgive me for any transgressions, iniquities, trespasses, unforgiveness, or approving of the sins of others. Lord, help me to walk up-right before you. I never want anything to hinder your presence in my life. Father, I truly repent and I ask you to remove sin far from me and to cover me in the blood of Jesus Christ. Amen

TUESDAY , FEBRUARY 9TH

BIBLE READING

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Be encouraged. By now you should be settling into your fast. I encourage you to persevere. This is Confession Week so the focus is on confessing any sin that we commit or have committed. The Bible says that if we say we have no sin then we lie and deceive ourselves, and the truth isn't in us (**1John 1:8**). The truth is that we all sin and fall short of God's glory (**Romans 3:23**). The confession of sin is so detrimental because unconfessed sin hinders our personal relationship with God. It can separate us from his presence and we need his presence now more than ever. *Remember to Stay Low and Stay Empty!*

BIBLE READING FOR TUESDAY:

For today's Bible reading I want us to look at a story of how one sinful act caused an entire army to lose a battle. Joshua was leading the army of Israel and they had been very successful in conquering every enemy army they encountered. The battle against the army of Ai should have been an easy victory for Joshua but instead it ended in his defeat. Below I have highlighted a few scriptures that I want you to meditate and focus on but I want you to read Joshua chapter 7 in its entirety. *Grab a pen and paper to write down anything that God speaks or reveals to you.*

ACTION ITEM:

TODAY READ JOSHUA CHAPTER 7 *(The Entire Chapter)*

(As you read the chapter, pay special attention to these verses:)

- **Joshua 7:3 (NIV)**

3 When they returned to Joshua, they said, "Not all the army will have to go up against Ai. Send two or three thousand men to take it and do not weary the whole army, for only a few people live there."

TUESDAY , FEBRUARY 9TH

BIBLE READING

"CONFESSION WEEK"
(STAY EMPTY)

- **Joshua 7:4-5 (NLV)**

4 So about 3,000 men of Israel went, but they ran away from the men of Ai. 5 The men of Ai killed about thirty-six of their men and ran after them from the gate as far as Shebarim. And they killed more on the way down. So the hearts of the people became weak. They became like water.

- **Joshua 7:13 (NKJV)**

13 Get up, sanctify the people, and say, 'Sanctify yourselves for tomorrow, because thus says the Lord God of Israel: "There is an accursed thing in your midst, O Israel; you cannot stand before your enemies until you take away the accursed thing from among you."

- **Joshua 7:20 (NKJV)**

20 And Achan answered Joshua and said, "Indeed I have sinned against the Lord God of Israel, and this is what I have done:

- **Joshua 7:25-26 (NKJV)**

25 And Joshua said, "Why have you troubled us? The Lord will trouble you this day." So all Israel stoned him with stones; and they burned them with fire after they had stoned them with stones.

26 Then they raised over him a great heap of stones, still there to this day. So the Lord turned from the fierceness of His anger. Therefore the name of that place has been called the Valley of Achor to this day.

TUESDAY , FEBRUARY 9TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

In today's practical application we will dive deeper into the purpose of confession. Ask God to prepare your heart to receive this teaching. You may want to keep paper and pen handy to jot down some notes. Feel free to print these pages so that you can keep them for future reference. Remember the practical applications comes with action items. These are things that you must do in order to experience the full impact of what God is doing with us in this season. Stay focused, stay encouraged, and do the work.

PURPOSE OF CONFESSION CONTINUED:

The extent of the apology for a sin should match the extent of the impact of the sin. In other words, we should seek forgiveness from whoever was directly involved in order to ensure healing.

*For example, if a man looks with lust at a woman, he should immediately confess the sin to the Lord. It would not be needed or appropriate to confess that sin to the woman. That sin is between the man and the Lord. However, if a man breaks a promise, or does something that directly impacts the woman, he must confess to her and seek her forgiveness. If a sin involves a large number of people, such as a church, a man or woman must then extend the confession to the members of the church. **So the confession and apology should match the impact. Those impacted by the sin should hear the confession.***

*So we have seen the definition of "confession" **but what is its purpose?***

TUESDAY , FEBRUARY 9TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

INTERPRET: (1 John 1:9) John is trying to show us that we are sinners. He does this because once we realize we are sinners then we are able to confess our sins to God and get freed up from the guilt and weight of our transgressions.

THE PURPOSE OF CONFESSION IS HUMILITY.

ILLUSTRATION:

After hearing a sermon on confession a man approached his pastor with a heavy conscience. He asked the pastor what he should do, you see He worked for a boat builder and stole expensive brass nails.

He could not tell the boat builder:

- 1. He would lose his job*
- 2. He will think I am a hypocrite and all of the times I shared my faith with him will go to waste.*

Finally guilt got so bad he had to confess. He offered restitution and this was the boss's response:

"Sir I always did think you were just a hypocrite, but now I begin to feel there's something in this Christianity after all. Any religion that would make a dishonest workman come back and confess that he had been stealing copper nails and offer to settle for them must be worth having."

God always blesses humility...

ACTION ITEMS:

- 1. Pray and ask God to give you the courage to confess when you've done wrong or made a mistake.**
- 2. Pray and ask God to give you the grace to forgive when a wrong is done against you.**

TUESDAY, FEBRUARY 9TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK" (STAY EMPTY)

MESSAGE FROM PASTOR:

The story of Joseph chapter 7 helps to illustrate what happens when we try and hide things from God. Prayer empties your heart of it's cares. When you pray, you take the hidden things in your heart and expose them to God. You turn darkness into light. Today as you pray, you will do just that. You will look into our heart and ask God to show you anything that you may have hidden that needs to be exposed.

LET'S PRAY:

The list below represents a few possible things that could be hidden in your life. Pray concerning each item. Ask God if any of these things exist in you. Confess and repent for whatever He reveals.

- | | |
|----------------|------------------------|
| •Pride | * Infidelity |
| •Jealousy | * Lack of self-control |
| •Gluttony | * Greed |
| •Gossip | * Cursing |
| •Unforgiveness | * Fraud |
| •Arrogance | * Complacency |
| •Unbelief | * Rebellion |
| •Worry | * Disobedience |
| •Lust | * Laziness |
| •Judgemental | * Rude |
| •Lying | * Short Tempered |
| •Hypocrisy | * Manipulation |
| •Bragging | * Procrastination |

TUESDAY, FEBRUARY 9TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK"
(STAY EMPTY)

- Theft
- Fornication
- Adultery
- Anger
- Perversion
- Drug abuse
- Alcohol abuse
- Ungodly thoughts
- Fault finding
- * Backbiting
- * Sharing secrets
- * Prayerlessness
- * Double-minded
- * Fear
- * Idolatry
- * Self-hatred
- * Character assassination
- * Prejudice

WEDNESDAY, FEBRUARY 10TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Hello All. You should be motivated and encouraged during your fast. If you find yourself wavering and wanting to give up, it could mean that you are not spending adequate time with God. Mary was more concerned about spending time with God than she was about eating (Luke 10:38-42).

When you fast from food you have to replace it with the word of God. You deny your flesh but you must feed your spirit. Time spent reading the Bible and in prayer is imperative to your success. God led me to write this curriculum to help you spend time more in the word. Also remember that water is a faster's best friend. Make sure you are drinking plenty of water.

Yesterday you learned the **Purpose of Confession**, today you will learn the **Power of Confession**. I pray that this teaching will help you get closer to God than you've ever been.

BIBLE READING FOR TUESDAY:

Today I have two stories that I would like you to read and consider. The first one is the interaction between Jesus and a Tax collector. He was a very wealthy man who had cheated many people for many years. One encounter with Jesus changed his life. Read the story, look for the repentance and see how his life was changed.

Secondly I want you to read a story found in the book of Jeremiah. Consider what God told Jeremiah to say to the nation of Israel. As you read pay special attention to the verbiage and the metaphors that God uses to describe the nation of Israel and Judah. The "Matthew Henry Commentary" is a great resource to help explain the parts that are difficult to understand.

Grab your Bible, pen, and notepad and let's get started. Remember to jot down, highlight, or commit to memory any verse that stands out to you.

WEDNESDAY, FEBRUARY 10TH

"BIBLE READING"

"CONFESSION WEEK" (STAY EMPTY)

- **Luke 19:1-10 (NIV)**

19 Jesus entered Jericho and was passing through. 2 A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. 3 He wanted to see who Jesus was, but because he was short he could not see over the crowd. 4 So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

5 When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." 6 So he came down at once and welcomed him gladly.

7 All the people saw this and began to mutter, "He has gone to be the guest of a sinner."

8 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."

9 Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham.

10 For the Son of Man came to seek and to save the lost."

- **READ JEREMIAH 3:6-25**

(Theme Verse) 14 "Return, O backsliding children," says the Lord; "for I am married to you. I will take you, one from a city and two from a family, and I will bring you to Zion."

WEDNESDAY, FEBRUARY 10TH

"PRACTICAL APPLICATION

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Today's practical application has to do with further understanding the **Power of Confession**. Below I will give you some practical instructions on how to fully embrace this **Biblical Principle**. God's desire is for all of you to repent the moment you realize you're in sin. He wants to make you so sensitive that even the temptation to sin drives you into his presence. God desires for you to run to his presence like a startled child running to the arms of his father. God loves you so much that He wants you live in his presence everyday. One of the ways to ensure that you will always walk in his presence daily is to empty yourself of unconfessed sin. During this week ask God to look deep into your heart and to reveal any sin that may be hidden. God's desire is that you be free from sin and to live holy and up upright before him. He has so many blessings waiting on you. Get Ready to Receive!

ACTION ITEMS *(These are things you must do).*

- Read 1 John 1:5-10
- Then read 1 John 2:1-2

WEDNESDAY, FEBRUARY 10TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

DEFINE THE FOLLOWING WORDS OR TERMS

(Either on this sheet or in your bible study notebook)

FELLOWSHIP: _____

WALKING IN DARKNESS: _____

PRACTICE THE TRUTH: _____

WALKING IN TRUTH: _____

SIN: _____

CONFESS: _____

CLEANSE: _____

ADVOCATE: _____

PROPITIATION: _____

RIGHTEOUS: _____

WEDNESDAY, FEBRUARY 10TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK" (STAY EMPTY)

MESSAGE FROM PASTOR:

Now it's time to pray. Today's prayer needs to come from your heart. Maybe God has revealed some things that are in your life that need attention. God is sovereign and He loves you very much. He sacrificed His Son so that you may become the righteousness through Him. Below will be a list of starter phrases. As you pray, complete the started phrase with whatever is in your heart. Love you all.

- Lord I thank you for.....
- Lord, I praise you because
- Lord, I honor you because
- Lord, Thank you for showing me
- Lord, Thank you for helping me
- Lord, I confess
- Lord, Please forgive me for
- Lord, Please deliver me from
- Lord, Please set me free from
- Lord, I receive
- Lord, I decree and declare
- Lord, I stand on your word that says
- Lord, give me the strength to
- Lord, from this day forward i will
- Lord, I thank you because
- In Jesus name Amen

THURSDAY, FEBRUARY 11TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

One of the most important relationships you will ever have in your life is your relationship with God. You should work every day of your life to ensure that your relationship with Him remains healthy. Confession is one way that God set up to keep the relationship seamless. All of us have had break-downs in our relationship with God. Times when sin moved away from Him and we could not feel His presence or hear His voice as we once could. This week you move closer to Him. Closer than you have ever been. Even though some of you may feel like nothing is changing, just know that God is honoring your sacrifice and he is a rewarder of those who diligently seek him (Hebrews 11:6). I'm not sure when or where God will manifest his approval of your sacrifice I just know that He will. Some of you are receiving immediate blessings and some of your blessings are in route. Just remember the greatest reward we could ever receive is not things. The Greatest Reward of serving God..... is **HIM**.

BIBLE READING FOR THURSDAY:

I pray that Bible reading is becoming a habit for you. I pray that you are falling in love with the Scriptures and developing a new hunger and thirst for God's word. The word of God is Living and Powerful, Sharper than any two edge sword, penetrating as far as the separation of soul and spirit, joints and marrow. It is able to judge the thoughts and intentions of the heart (**Hebrews 4:12 CSB**). Today, I believe that God wants you to focus on scriptures that will help strengthen your belief in God's word. Below you will find a series of scripture that will lay a great foundation for your trust in what God has said. In our practical application we will continue our discussion on the Power of Confession. Remember to Stay Low and Stay Empty. Let's Read the Bible Together.

THURSDAY, FEBRUARY 11TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

- **2 Timothy 3:16-17 (ESV)**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be competent, equipped for every good work.

- **Isaiah 40:8 (ESV)**

The grass withers, the flower fades, but the word of our God will stand forever.

- **Isaiah 55:11 (ESV)**

So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

- **Proverbs 30:5-6 (ESV)**

Every word of God proves true; he is a shield to those who take refuge in him. Do not add to his words, lest he rebuke you and you be found a liar.

- **Psalms 119:105 (ESV)**

Your word is a lamp to my feet and a light to my path.

- **Matthew 4:4 (ESV)**

But he answered, "It is written, "'Man shall not live by bread alone, but by every word that comes from the mouth of God.'"

- **John 17:17 (ESV)**

Sanctify them in the truth; your word is truth.

THURSDAY, FEBRUARY 11TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Now that you've done your Bible reading we will turn our attention back to the Power of Confession. We learned previously that the Purpose of Confession is Humility. There are many scriptures that remind us that God exalts the humble. God loves it when we almost ourselves as followers of Christ. Jesus humbled Himself and became obedient to the point of death, even the death of the cross. Therefore God also has highly exalted Him and given Him the name which is above every name, that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father (Philippians 2:8-11).

Confession keeps us humble. Consider the bullet points below as we continue to strengthen our understanding of the Power of Confession.

CONFESSION HUMBLER US: *Shows us who we are and who God is.*

CONFESSION ALLOWS GOD TO CHANGE US: *God's tool for changing us, not our tool for changing us.*

CONFESSION ALLOWS GOD'S GRACE TO BE ACTIVATED IN OUR LIVES: *We are never closer to God than when we are on our knees confessing our weakness and His strength.*

CONFESSION ALLOWS US TO BE FREE: *The purpose of guilt is to drive us to Christ. Once we do that we are free from it's power over us.*

THURSDAY, FEBRUARY 11TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

NOW OPEN YOUR BIBLE AND READ 1 JOHN 1: 9

The key to understanding this Power is found in vs. 9.

- "He"** the Power of Confession is not in us but in Him.
- **"Faithful and Just"** God gave the Power to one who is Faithful and Just.
- "Will"** The Power is assured in the lives of all who confess their sin. There is no maybe here.
- "Forgive us our sins"** The Power is the forgiveness of "OUR" sin

Interpret: John is trying to give assurance to us by letting us know that the **Power of Confession is the Forgiveness of Our sins.** At the same time John shows us that the **Power of Confession is found in the one who is Faithful and Just.**

ILLUSTRATION:

Even the unbelievers understand that there is power in the forgiveness of sin. They confess to: **Psychiatrists, Doctors, Mentors, Family members, Friends** all in the hopes that they can get freed up from the guilt of sin, yet without the power of Christ's forgiveness it is a futile exercise.

The Psalmist says "Against you and you alone have I sinned". We must receive forgiveness from the one whom we sinned against.

ACTION ITEMS:

Today do you desire forgiveness of your sins? Today are you heavy laden and burdened? Here is a way to begin to heal.

1. Find a quite place
2. Speak your sin out loud (either to someone you trust or in a quite place with just you and God)
3. Receive the promise of Christ when he says he will forgive you

THE POWER OF CONFESSION IS CHRIST'S FORGIVENESS

Proverbs 28:13

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

THURSDAY, FEBRUARY 11TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Now that you have confessed your sins to God or to someone you really trust now it's time to start walking in your authority. Today's prayer will be about taking back what the enemy has tried to steal from you. Now that your sins have been forgiven you can pray with authority. Today's prayer is about reestablishing your place in God.

PRAY THIS PRAYER...

- Lord, I am only moved by **Your Spirit** and **Your Word** and I know **Your voice**, and I refuse to follow the voice of strangers according to John 10:27.
- I ask You to expand my territories; to fill me and increase me in the Holy Spirit and anointing with power.
- I ask You to leave me in the paths of righteousness for Your name's sake.
- I commit all that I am to You, that Your perfect will be done through me.
- I ask that You help me cease from my labors. I do so by faith.
- I ask that You cause me to enter Your Rest now, in Jesus's name and I receive that.
- I ask You to release my warring and ministering angels to minister and war on my behalf.
- I ask You to feel this, Your temple; with as much Shekinah glory as possible.
- Help me to bear the cross You have prepared for me and help those in my family.
- I asked that the Holy Spirit speak to my heart through Your Word.
- I ask that You prepare me with reverence and worship, and with humility through Your Holy Spirit.
- I ask that You take out of me, add to me or do to me; anything You want.
- I ask that the Word I read would be engrafted into my heart and become a part of me; spirit, mind, will and emotions.
- I declare Your power; You are helping and causing me to be bold, dauntless, fearless, confident, intrepid, valiant, steadfast, faithful, true and loyal for Your Name's sake.
- I ask You to deliver me from where I am blind, wretched, naked, and poor. I ask for your help.

THURSDAY, FEBRUARY 11TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK"
(STAY EMPTY)

- I ask You to help me not be the accuser of the brother in but to teach others in gentleness, to be a help in season, to edify, to exhort and comfort others.
- I release all things into Your hands and commit myself unto trusting you.
- I asked for help, that You give me the word that you want me to give others.
- Lord forgive me and help me to follow Your instructions and directions.
- In Jesus name amen

FRIDAY, FEBRUARY 12TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Happy Friday everyone! You have made it over halfway through a 21 day fast. That is a significant accomplishment. I am sure that Satan and your flesh has been wanting you to stop, but by God's grace you continue to persevere and I am proud of you.

Now that you understand the **Purpose of Confession (Humility)** and the **Power of Confession (Christ's Forgiveness)** today we transition to learn about the **Promise of Confession**. There are specific promises from God connected to our confessions. Confessing becomes a lot easier when you understand the promises. So prepare your hearts and get ready to and this week **Empty**.

BIBLE READING FOR FRIDAY:

Today's Bible reading has much to do with God's cleansing power. Over and over in scripture the word "**Wash**" is used to describe the method in which we are cleansed. Today we will look at a few scriptures that illustrate how the word "**Wash**" is used. Remember that you may need to read a few more verses than what's listed below to receive the proper context. So grab your Bibles, a pen and notepad, and let's study God's Word.

- **Exodus 30:20**

When they go into the tabernacle of meeting, or when they come near the altar to minister, to burn an offering made by fire to the Lord, they shall **wash** with water, lest they die.

- **2 Kings 5:10**

And Elisha sent a messenger to him, saying, "Go and **wash** in the Jordan seven times, and your flesh shall be restored to you, and you shall be clean."

- **John 9:11**

He answered and said, "A Man called Jesus made clay and anointed my eyes and said to me, 'Go to the pool of Siloam and **wash**.' So I went and **washed**, and I received sight."

FRIDAY, FEBRUARY 12TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

- **1 Corinthians 6:11**

And such were some of you. But you were **washed**, but you were sanctified, but you were justified in the name of the Lord Jesus and by the Spirit of our God.

- **John 13:8**

Peter said to Him, "You shall never wash my feet!" Jesus answered him, "If I do not wash you, you have no part with Me."

FRIDAY, FEBRUARY 12TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

One of my "go to" scriptures for forgiveness is 1John 1:9. I have used this scripture to lead many people to the saving grace of Jesus Christ. For today's practical application I want you to look deeper into this verse. Pray and ask God for revelation and understanding. This will help you fully discern the ***Promise of Confession***.

- **1 John 1:9 (NIV)**

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

OBSERVE: John does not give us a command only but also a promise. ***The promise begins by forgiving us but it ends with purification.*** Let me show you what I mean:

"And" shows us that forgiveness itself is not the end of God's promise to those who humble themselves.

"Purify" To free from sin, guilt, or other defilement.

"Us" Again this applies to all who have obeyed this teaching thus far.

"All" There are no limits to the purification process presented here

"Unrighteousness" Sins against God

INTERPRET: Understand what John means, he is telling us that forgiveness in and of itself is powerless without the purification that comes from Christ. ***He shows us that it does not matter what we have done but what we will do about it. The promise of confession is that we will be cleansed.***

FRIDAY, FEBRUARY 12TH "PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

ACTION ITEM: *(This is what you must do)*

Now that you understand that the promise of confession is that we will be cleansed, here is what I want you to do.

- Get whatever sin or stronghold you've been wrestling with and pretend it's in your hands, by faith.
- Now, go into the nearest sink and wash your hands. Wash them well.
- This small act of faith symbolizes the washing away of that sin or stronghold.
- After you have washed, lift your hands and Praise God for washing you clean!

FRIDAY, FEBRUARY 12TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

In James 4:8 (NIV) the bible says, Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. I pray that after you washed your hands you felt amazing. I pray that you received a Breakthrough. In Scripture, there were many instances where the washing of hands represented the releasing of certain burdens. Like when Pontius Pilate washed his hands before the multitude and said that he was innocent of the blood of Jesus. Now that you've released burdens its time to purify your heart. God wants to speak to your heart. Take some time now and ask God to purify your heart.

Pray according to Psalm 51

- Lord, Create in me a pure heart, O God,.....
- Renew a steadfast and right spirit within me.....
- Keep me always in Your presence.....
- Let Your Holy Spirit always be with me.....
- Help me to always remember the Joy of Your salvation.....
- Grant me a willing Spirit to do your Will.....
- Sustain me in times when I am weak
- And I will teach transgressors your ways
- I will work to help sinners turn back to you.....
- Thank you for delivering me from guilt and shame.....
- You are my Savior and my King
- I will use my voice to sing of your righteousness.....
- When You open my mouth, I will declare your praise.....

Now pray as the Spirit leads then Give God Praise!

SATURDAY, FEBRUARY 13TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Happy Saturday everyone! Today is our final day of "Confession Week" and I have one more lesson for you. The Scriptures below will help you further solidify the need for repentance and confession. I pray that by now Bible Reading is becoming a natural part of your every day life. The reading of God's word is not optional for believers, it is a command from God. I am so thankful that you are becoming more diligent in your personal Bible study.

BIBLE READING FOR SATURDAY:

Today's Bible reading will focus more on the Strength of God's word. The Bible is a sacred book. It was written by men who were inspired by God. The Bible is infallible. It is Powerful. It is a Lamp and a Light. It is True. It is Strong, and it is changing your life. So grab your bible a pen and notebook paper and let's dive in..

IN YOUR OWN WORDS, EXPLAIN WHAT THESE SCRIPTURES MEAN TO YOU:

1. Proverbs 30:5

2. 2 Timothy 3:16-17

SATURDAY, FEBRUARY 13TH

"BIBLE READING"

"CONFESSION WEEK"
(STAY EMPTY)

3. Psalm 119:105

4. John 1:1

5. Isaiah 40:8

6. Psalm 119:11

7. Isaiah 55:11

SATURDAY, FEBRUARY 13TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Today's practical application will deal with letting go of the past and embracing the new person that you have become. Today you will unlock the Greatness that has been lying dormant and you will embrace your Full Potential in Christ. This lesson may prove to be a little emotional for some but I encourage you to embrace whatever range of emotions that arise. God is transforming you. Your today is filled with so much promise, and your tomorrow looks even better.

STORY ILLUSTRATION:

A little boy was playing outside and found a caterpillar on the fence. Every day he would go outside and play with that little caterpillar. One day after school, he went looking for the caterpillar but couldn't find it. Instead, he found a cocoon that formed on the fence. For several more days he would go outside looking for his caterpillar but only finding that cocoon in the same place. One day he noticed that the cocoon was moving. Figuring that his little caterpillar was trapped and trying to get out he decided to get his scissors. Once the little boy had cut the cocoon, to his surprise, a slimy butterfly fell out. The butterfly looked sick so the boy ran inside and called his father. His dad came out to the fence to see what was going on. He looked and saw the butterfly on the ground barely lifting its wings. The boy told his father that he had taken the scissors and cut the butterfly out of the cocoon. The father immediately knew the problem. He looked at his son and said that you shouldn't have cut the butterfly out. The little boy said, "But I saw him struggling." The dad knelt down and said, "Son, it's the struggle that gives him the strength to fly."

Once a caterpillar goes through the struggle of becoming a butterfly there is now way it can change back. It doesn't want to change back. The same should be true for you. The struggles you've gone through have made you a better Christian. A stronger believer. You have been made new and you can't go back. Today I only have one action item for you.

SATURDAY, FEBRUARY 13TH

"PRACTICAL APPLICATION"

"CONFESSION WEEK"
(STAY EMPTY)

ACTION ITEM:

- **Today I want you to write a "Goodbye Letter" to the "old you."**

The old sinful you. Write a letter saying how you have changed for Christ. How God has delivered you for His Glory and you can no longer go back to those old ways, those old habits, or even those old toxic thoughts. You can no longer hold on to things that weigh you down nor can you engage in things that causes you to sin. You are a new creature, old things are passed away and all things have been made new.

The letter can be as long or as short as you desire. I encourage you to write until you have emptied yourself.

- After the letter is written
 - Seal it in a self addressed envelope
 - Then, bury it! (Yes, in the ground)

*Where you bury the letter will represent the final resting place of the old self.
(When done in faith, this very simple act can be the thing God uses to set you free from your past forever.)*

Love you all!!

SATURDAY, FEBRUARY 13TH

"PRAYER DIRECTIVE"

"CONFESSION WEEK"
(STAY EMPTY)

MESSAGE FROM PASTOR:

Today's prayer is all about taking up your cross and dying to self. The cross, in Scripture, has always been a symbol of painful death. Crucifying the flesh can often be painful because you are saying no to things that your flesh desires. But just as Jesus died on the cross and rose with Power, so you will die to self and Rise.

PRAY THIS:

FATHER,

I thank You for everything I have experienced in these past two weeks. Thank You for all of the amazing experiences and all the eye-opening revelations. Thank You for exposing to me the areas of in my life where I had not fully submitted to You.

Today I take up my cross and I officially follow You.

Thank You for allowing me to bury the old self and thank You for the New Power I feel today.

Father, I desire to live a Righteous and Holy life before You.

Please help me to maintain a good rapport and a good testimony in You.

May the good that I do from this day forward outweigh the bad that I've done in my past.

I pray for forgiveness for all those I've ever hurt or have ever wronged.

From this day forward, I work to be at peace with everyone. Your word says that peacemakers are blessed so Lord help me to make peace. Lord, I sincerely thank You for this new life You've given to me. Help me to use it for Your Glory. If I waver along the way, Lord send Your spirit. Send your quickening power to alert me and help me get back on track. It is my hearts desire to always be pleasing to You. Help me to always honor You with all that I have and with all that I am In Jesus's name amen