

The Cleansed Life—Confession, Fellowship, and Power

**MEMORY VERSE — 1 JOHN 1:9**

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

DAY 1 Sin Disrupts Fellowship with God**EPHESIANS 4:30**

And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption.

1 THESSALONIANS 5:19

Do not quench the Spirit.

1 JOHN 1:6–7

6 If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

PSALM 32:3–5

3 For when I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah 5 I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin. Selah

ISAIAH 59:2

but your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear.

JAMES 1:8

he is a double-minded man, unstable in all his ways.

PSALM 32:3–5

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PSALM 51:5

Behold, I was brought forth in iniquity, and in sin did my mother conceive me.

PSALM 51:10–12

10 Create in me a clean heart, O God, and renew a right spirit within me. 11 Cast me not away from your presence, and take not your Holy Spirit from me. 12 Restore to me the joy of your salvation, and uphold me with a willing spirit.

PSALM 51:1–4

1 Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. 2 Wash me thoroughly from my iniquity, and cleanse me from my sin! 3 For I know my transgressions, and my sin is ever before me. 4 Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment.

HEBREWS 3:12–13

12 Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. 13 But exhort one another every day, as long as it is called “today,” that none of you may be hardened by the deceitfulness of sin.

DAY 2 Confession and Cleansing**1 JOHN 1:9**

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HEBREWS 4:16

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

1 JOHN 1:9

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

PSALM 139:23–24

23 Search me, O God, and know my heart! Try me and know my thoughts! 24 And see if there be any grievous way in me, and lead me in the way everlasting!

PROVERBS 28:13

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

ACTS 3:19

Repent therefore, and turn back, that your sins may be blotted out,

PSALM 51:10–12

10 Create in me a clean heart, O God, and renew a right spirit within me. 11 Cast me not away from your presence, and take not your Holy Spirit from me. 12 Restore to me the joy of your salvation, and uphold me with a willing spirit.

MICAH 7:18–19

18 Who is a God like you, pardoning iniquity and passing over transgression for the remnant of his inheritance? He does not retain his anger forever, because he delights in steadfast love. 19 He will again have compassion on us; he will tread our iniquities underfoot. You will cast all our sins into the depths of the sea.

DAY 3 Living in Fellowship with God

1 JOHN 1:7

But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

PHILIPPIANS 2:13

for it is God who works in you, both to will and to work for his good pleasure.

GALATIANS 5:22–25

22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 And those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 If we live by the Spirit, let us also keep in step with the Spirit.

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JOHN 15:4–5

4 Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. 5 I am the vine; you are the branches. Whoever abides in me and I in

him, he it is that bears much fruit, for apart from me you can do nothing.

PSALM 16:8–11

8 I have set the Lord always before me; because he is at my right hand, I shall not be shaken. 9 Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. 10 For you will not abandon my soul to Sheol, or let your holy one see corruption. 11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

JOHN 14:23

Jesus answered him, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.”

DAY 4 Walking Restored by the Spirit

ROMANS 8:1

There is therefore now no condemnation for those who are in Christ Jesus.

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1 JOHN 1:7

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ROMANS 8:1–6

1 There is therefore now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. 3 For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, 4 in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. 5 For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. 6 For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

GALATIANS 5:16

But I say, walk by the Spirit, and you will not gratify the desires of the flesh.

GALATIANS 5:25

If we live by the Spirit, let us also keep in step with the Spirit.

JOHN 21:15–19

15 When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.” 16 He said to him a second time, “Simon, son of John, do you love me?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Tend my sheep.” 17 He said to him the third time, “Simon, son of John, do you love me?” Peter was grieved because he said to him the third time, “Do you love me?” and he said to him,

“Lord, you know everything; you know that I love you.” Jesus said to him, “Feed my sheep. 18 Truly, truly, I say to you, when you were young, you used to dress yourself and walk wherever you wanted, but when you are old, you will stretch out your hands, and another will dress you and carry you where you do not want to go.” 19 (This he said to show by what kind of death he was to glorify God.) And after saying this he said to him, “Follow me.”

PHILIPPIANS 3:13–14

13 Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, 14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.

DAY 5 Confession in Practice—Living Restored and Empowered

JAMES 5:16

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

2 CORINTHIANS 12:9–10

9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. 10 For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.

HEBREWS 4:16

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

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2 TIMOTHY 1:7

for God gave us a spirit not of fear but of power and love and self-control.

PSALM 40:1–3

1 I waited patiently for the Lord; he inclined to me and heard my cry. 2 He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. 3 He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

HEBREWS 4:16

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.

2 CORINTHIANS 1:3–4

3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.