

Read through the following verses

1 John 1:5-9

This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in him at all. So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Ask God these questions, and journal what thoughts come to mind. Underline any that really stick out to you. Remember, God's words will align with scripture and will edify, exhort, or comfort you. "There is no condemnation for those who are in Jesus Christ" (Rom 8:1)

Jesus, what am I keeping in darkness that You want to bring into the light?

Jesus, I confess XXX to You.

Jesus, thank You that you forgave my sin, and that you will cleanse me. I want to love in your light.

Jesus, what good thing do You want to give me in exchange for my sin that I have confessed to You?