



## Study D: Confessing Sin

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

1 John 1:9

### Why: Reasons for the study

- Many believers continue to struggle with guilt.
- Confession is the humble response to our sin and is the path to freedom from guilt and sometimes the path to healing.
- Confessing sin, especially in front of someone else, is not commonly practiced today, but it is a body-life commandment designed by God.

### What: Principles to grasp

- Christ died for ALL our past, present and future sins – regardless of the nature or degree of that sin. God’s grace is sufficient to cover any sin.
- Ongoing confession of sin maintains our “fellowship relationship” with God.
- Confession is a key element in the *Renewing Your Mind Outline*.
- The more specific you get in identifying the specific sins to confess, the more freedom there usually is from guilt.

### How: Path to a changed life

- To understand the provision Christ made on the cross for all their sins
- To claim truths that God provides forgiving and cleansing through confession
- To experience God’s grace and the freedom from guilt that comes from confession
- To experience the power and freedom of confessing sin in front of a witness
- To begin to practice confession of sin as a regular part of their lives

### Helpful ideas:

- Expand confession list: be thorough. Utilize *Expanding a Confession List*.
- Explain the meanings of verses they read aloud to prepare their hearts for how God responds to their confession.
- Pray through their list with them as their witness. Be firm, if there is resistance.
- Explain the *Focus Factor* diagram to help your disciple focus on God’s forgiveness rather than on their sin.
- Help the disciple who continues to focus on sin/guilt by discussing the concepts included in the sections discussing “If you still have doubts” and “if you still have guilt.”
- Reinforce these concepts throughout remaining sessions, especially if they continue to focus on sin/guilt.

### Tools and additional resources:

- For discipler: *Helping A Disciple Confess Sin* (CTD); *Expanding a Confession List* (CTD); *Preparation for a Sexual Sin Confession* (CTD)
- For disciple: *Confession Checklist* to prepare each confession (CTD)  
*Sexual Sin Confession* (CTD)