

The Spiritual Discipline of Confession

Confess- from homologeo, homo=the same, logeo= I speak, I speak the same thing.

I. What does the discipline of confession include?

- A desire to be free from sin.

¹³ He who conceals his transgressions will not prosper, But he who confesses and forsakes *them* will find compassion. ¹⁴ How blessed is the man who fears always, But he who hardens his heart will fall into calamity. Proverbs 28:13-14 (NASB)

¹ How blessed is he whose transgression is forgiven, Whose sin is covered! ² How blessed is the man to whom the Lord does not impute iniquity, And in whose spirit there is no deceit! ³ When I kept silent *about my sin*, my body wasted away Through my groaning all day long. ⁴ For day and night Your hand was heavy upon me; My vitality was drained away *as* with the fever heat of summer. Selah. ⁵ I acknowledged my sin to You, And my iniquity I did not hide; I said, "I will confess my transgressions to the Lord"; And You forgave the guilt of my sin. Selah. Psalms 32:1-5 (NASB)

²³ Search me, O God, and know my heart; Try me and know my anxious thoughts; ²⁴ And see if there be any hurtful way in me, And lead me in the everlasting way. Psalm 139:23-24

- Willingness to change and carrying out a plan to do so.

⁸ For though I caused you sorrow by my letter, I do not regret it; though I did regret it—*for* I see that that letter caused you sorrow, though only for a while— ⁹ I now rejoice, not that you were made sorrowful, but that you were made sorrowful *to the point of* repentance; for you were made sorrowful according to *the will of* God, so that you might not suffer loss in anything through us. ¹⁰ For the sorrow that is according to *the will of* God produces a repentance without regret, *leading* to salvation, but the sorrow of the world produces death. ¹¹ For behold what earnestness this very thing, this godly sorrow, has produced in you: what vindication of yourselves, what indignation, what fear, what longing, what zeal, what avenging of wrong! In everything you demonstrated yourselves to be innocent in the matter. 2 Corinthians 7:8-11 (NASB)

- Acknowledging that I have sinned.

⁹ If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰ If we say that we have not sinned, we make Him a liar and His word is not in us. 1 John 1:9-10 (NASB)

