

PART 6

CONFESS TO HIM

GO DEEPER GUIDE

"CONFESS SIN QUICKLY. YOU DON'T WANT TO ALLOW YOUR HEART TO GET INTO THE HABIT OF KEEPING SIN A SECRET." -Jackie Hill Perry

READ THIS OVERVIEW

"Let's hide here, I don't think He can see us behind these bushes", Adam and Eve probably thought this as they hid and attempted to cover themselves in layers of fig leaves. They knew they had just committed the biggest sin of their lives by rebelling against God's commands. Yet, instead of running back into the arms of their loving Father, they decided to run away to try to hide from him; not realizing that attempting to run from God was an empty and futile pursuit. Psalm 32:3-5 shows the burden of unconfessed sin. "When I kept silent about my sin, my body wasted away through my groaning all day long. For day and night, Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. 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." So then, what is sin? John McArthur defines sin as, "Any violation of the character or law of God, the moral character or the law of God." John Piper goes a step further and says, "Sinning is any feeling or thought or speech or action that comes from a heart that does not treasure God over all other things. This is what Adam and Eve did in the garden, and this is what we often do in our own lives.

How many times in our lives have we eaten from the proverbial tree that God commanded us not to eat from? The truth is, as long as we live in this broken world, sin will continue to knock on the doors of our hearts. Obviously, we want to strive to not sin. But in the moments that we do sin, we have a choice to either run to God and confess to him or try to run away to attempt to live in secrecy - Adam and Eve did the latter. 1 John 2:1-2 says, "My little

children, I write 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. He is the propitiation for our sins, and not for ours only, but also for the sins of the whole world."

When someone confesses to a crime in court, they are admitting to breaking the law. When we confess to God, we are admitting to him that we broke his law and have not lived up to his holy standards for our lives. Confession is the liberation of the soul. In the act of acknowledging our sins, we unlock the door to forgiveness and embark on the transformative journey towards redemption and true peace in Christ. Pastor Albert talked about how God asked Adam and Eve, "Where are you?" He didn't ask them that because he didn't know where they were physically, but he wanted to see where their hearts were. He also wanted to allow them to confess to Him, experience the true joy that comes with the freedom of authenticity in God, and stop living in secrecy.

In the depths of our secrecy, where shadows whisper our name, we may think we hide from God's sight. Yet, in truth, there is no refuge from the all-seeing eye of the Lord. We must embrace vulnerability, for it is through the openness of our hearts that we discover the loving presence that has been waiting patiently to embrace us all along.

So when the question arises, what do we do with a disobedient God? We confess to Him. We take all of our sin, guilt, and shame and give it to the Lord. What would it look like for us to come out of hiding, out of living in guilt and

shame and step into the beauty of confession to God and in community? 1 John 1:9 says, "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." There is nothing more tumultuous and draining than trying to hide sin from a God that sees all. But, there is nothing more liberating than knowing we serve a God that is faithful and just to forgive, the moment we confess to Him.

ENGAGE A PRACTICE

This week we are asking you to engage in biblical confession. This first starts with taking personal inventory of our lives and asking ourselves (and God) if there is any unconfessed sin in our lives.

CONFESS TO GOD AND BRING IT ALL TO HIM

Take a few moments to pray (or even journal) and give God all of your sins, struggles, doubts, and failures.

Some examples can be:

1. "God I shouldn't have responded to him/her that way. I was wrong."
2. "God, I realized that I was becoming envious of my friend, please forgive me."
3. "God, I have been holding onto unforgiveness in my heart. I give that over to you."
4. "God, I've been watching inappropriate things on TV, please forgive me and cleanse my mind."

The more we engage in regular confession, the more it becomes a part of our daily disciplines.

GET INTO COMMUNITY AND CONFESS TO OTHERS

Find some like-minded brothers or sisters that you can practice confession with. Don't allow the enemy to make you feel like you're the only one that struggles. But, understand each and every one of us have things to bring to God as well. This can happen in person or on zoom with a trusted circle of brothers/sisters. In these moments you can confess some of your struggles and sins to one another. When we bring our sin to the light with other believers, they can pray for us, walk with us through it, and help keep us accountable.

WRAP UP WITH A PRAYER

God, I know there is nothing hidden from your sight. Help me to never try to run and hide from you when I sin. But, help me to run toward you with my guilt, shame, and even doubts and into community with a heart of confession. I know that as I do that, you are faithful and just to forgive me.

-Amen