

Memory Verses:

*If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.* 1 John 1:9 ESV

*The one who conceals his sins will not prosper, but whoever confesses and renounces them will find mercy.* Proverb 28:13 CSB

**REPENTANCE REQUIRES \_\_\_\_\_ OF SIN.**

From then on Jesus began to preach, *'Repent of your sins and turn to God,* for the Kingdom of Heaven is near. '

Matthew 4:17 NLT

**2 BARRIERS TO CONFESSION**

1. \_\_\_\_\_

**11** *When the king heard what was written in the Book of the Law, he tore his clothes in despair.* **12** Then he gave these orders..... **13** "Go to the Temple and speak to the Lord for me and for the people and for all Judah. Inquire about the words written in this scroll that has been found. For the Lord's great anger is burning against us **because our ancestors have not obeyed the words in this scroll. We have not been doing everything it says we must do.**" 2 Kings 22:11 & 13

2. \_\_\_\_\_

"But the Lord God called to the man and said to him, "Where are you?" And he said, "I heard the sound of you in the garden, and I was afraid, because I was naked, **and I hid myself.**" He said, "Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?" **The man said, "The woman whom you gave to be with me, she gave me fruit of the tree, and I ate."** Then the

Lord God said to the woman, "What is this that you have done?" **The woman said, "The serpent deceived me, and I ate."**  
Genesis 3:9-13 ESV

**BUILDING A  
"GET IT OFF YOUR CHEST"  
COMMUNITY**

**CONFESS TO GOD FOR \_\_\_\_\_**

*"Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. **Wash me thoroughly from my iniquity, and cleanse me from my sin!** Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit."* **Psalm 51:1-2, 10-12 ESV**

**CONFESS TO PEOPLE FOR \_\_\_\_\_**

*"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."* James 5:16 ESV

**LEAVE ROOM FOR \_\_\_\_\_**

*Even if I caused you sorrow by my letter, I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while— **9** yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. **10** Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. **2 Corinthians 7:8-10 ESV***

*"Wounds from a sincere friend are better than many kisses from an enemy."* Proverbs 27:6 NLT