

How to Confess Your Sins (to God and the Person You Hurt)

1 John 1:8-10 NIV

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.

James 5:16 NIV

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

**Confession of sin on the part of the Christ-follower means to say the same thing about {your} sin that God does; to agree with God about that sin and all its implications. This includes your hatred of that sin, your sense of guilt because of it, your sorrow because of it, and the determination to put it out of your life and never to do that thing again.*

- 1. Examine yourself** (Psalm 139:23-24) - use the list of 10 Commandments on the back as a guide
 - a. Prepare by placing yourself in God's hands - open yourself to His direction
 - b. Confess with precision - be brutally honest
 - c. Take responsibility for your sin - own it without making excuses

- 2. Be sorry** (Psalm 38:18; 2 Cor 7:10) - ask yourself:
 - a. Why did I do what I did?
 - b. What happened as a result of my sin?

- 3. Stop it** (James 4:8-10) - repent! (make a 180 degree turn)

"Why should you expect anyone to take your confession seriously unless you promise that you do not intend again to foul your relationship with still more of the same unfair pain? You can give no guarantee; the best of us go back on promises. But anyone who has been hurt should expect a sincere intention, at least." --- Lewis Smedes

The Ten Commandments

Ex 20:3-17 NIV (also recorded in Deut. 5:1-22)

- I. **"You shall have no other gods before me.**

- II. **"You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand [generations] of those who love me and keep my commandments.**

- III. **"You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.**

- IV. **"Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.**

- V. **"Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.**

- VI. **"You shall not murder.**

- VII. **"You shall not commit adultery.**

- VIII. **"You shall not steal.**

- IX. **"You shall not give false testimony against your neighbor.**

- X. **"You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor."**