



Sign
GUILT

Practice of <u>CONFESSION</u>

Sign
REPENTANCE

Psalm 32

Staying Silent – Doesn't Work

Us Covering Over – Doesn't Work

Destroyed from the INSIDE OUT

Simple – Psalm 32:5

I acknowledged my sin to You.

I said, "I will confess my transgressions to the LORD."

And you forgave the guilt of my sin.

Confession is Really Good!

¹Blessed is the one whose transgressions are forgiven, whose sins are covered.

²Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.

7 A's of Confession

1. Address _____ everyone involved
2. Avoid if, but, and maybe
3. Admit specifically
4. Acknowledge the hurt
5. Accept the consequences
6. Alter your behavior
7. Ask _____ for forgiveness

What about Jesus?

Lord, have mercy - on me, a sinner.



ENCOUNTER QUESTIONS

Spiritual Growth Small Groups at Emmanuel Reformed Church

What is your first response to the word “confess”?

Review the sermon. What were the main points?

What stood out to you or raised questions for you?

Turn to **Psalm 32**, read verses 1-5 again. Do you see anything new? Are there any phrases you want to explore?

Now read, verses 6&7. How do they relate to the first 5?

There is a change in narration in verses 8&9. If this is the Lord speaking, why would it follow confession?

Finish with 10&11. What do you see here? How does it follow from all above it?

The entire sermon focused on confessing our sin to God. There are also times when we must confess to those we have wronged. The **7 A's of Confession** from Ken Sande are especially helpful for this. Thoughts on these 7 guides?

Another side of confession is confessing what we believe.

Consider **Romans 10:9-10** and **Matthew 10:27-32**.

What are your thoughts on this other side of confessing?

Did you go through confirmation as a youth?

Do you remember what you confessed at that time?

What has changed in what you confirm to be true now?

Consider using this breath prayer this week:

In – Lord, have mercy

Out – on me a sinner.

Luke 18:13