The Healing, Restoring Power of Confession

**Psalm 32:1-5**

Blessed is the one whose transgressions are forgiven, whose sins are covered. 2 Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit. 3 When I kept silent, my bones wasted away through my groaning all day long. 4 For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. 5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the LORD.” And you forgave the guilt of my sin.

Psalm 32:1-5 NIV

**WHAT?**

 Confess \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Dear friends, do not believe every spirit, but test the spirits to see whether they are from God, because many false prophets have gone out into the world.  This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus Christ has come in the flesh is from God, 3 but every spirit that does not acknowledge Jesus is not from God. This is the spirit of the antichrist, which you have heard is coming and even now is already in the world. 4 You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world. 5 They are from the world and therefore speak from the viewpoint of the world, and the world listens to them. 6 We are from God, and whoever knows God listens to us; but whoever is not from God does not listen to us. This is how we recognize the Spirit of truth and the spirit of falsehood. 7 Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love. 9 This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.*  1 John 4:1-9 NIV

 Confess \_\_\_\_\_\_\_\_\_

 *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

1 John 1:9 NIV

**WHO?**

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 *“Search me, God, and know my heart; test me and know my anxious thoughts. 24  See if there is any offensive way in me, and lead me in the way everlasting.”*

Psalm 139:23-24 NIV

*“Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? 4  How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? 5  You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”*

Matthew 7:3-5 NIV

**WHY?**

 The natural heart is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*“The heart is deceitful above all things and beyond cure. Who can understand it? 10 “I the LORD search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve.”*

Jeremiah 17:9-10 NIV

**HOW?**

With and through \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

“*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”* James 5:16 NIV