

**Confession**  
September 27th 2015  
James 5:7-16 Ben Skeat  
Staying Free, part 7

**MAIN IDEA:** Confessing our sins is foundational to our spiritual health

<sup>16</sup> 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**

- We are forgiven from the penalty of sin because because God is good and gracious (Eph 1:7-8, 2:1-10)
- We are freed from the power of sin (Rom 6:18)
- One day we will be free from the presence of sin (1 John 3:2)

**But there is a tension between “now” and “not yet”.**

*“What a wretched man I am! Who will rescue me from this body that is subject to death?” Romans 7:24*

**The Lord is \_\_\_\_\_**

As sure as the turning of the seasons, God will come to judge the earth

- Stand firm, be patient
- Live in holy fear (Acts 5:11)

In relationship

- He hears our prayers, our praise, our requests
- He interacts with his people

**God \_\_\_\_\_ us to Himself** “...there is no time in which God does not invite us to Himself.” *John Calvin*

**Troubled, happy, sick, he invites us to come as we are and meets us as we are.**

**In the light of his nearness and invitation to Himself:**

\_\_\_\_\_ **your sins to one another**

Confess: Present, plural, imperative (now, more than once, command)

*“...if we take up the attitude “we have not sinned”, we flatly deny God’s diagnosis of our condition and cut ourselves off from what he has to say to us.” 1 John 1:9 JBP*

**LOOK FOR** someone who loves Jesus, loves others (servant, fruit of the spirit), and is on a trajectory towards maturity and is the same gender as you

In confession, **DO:** Confess fully, take appropriate steps for restitution/reconciliation/repentance, confess to someone that you know and will continue to know

**DON’T:** do “drive by” confessions. Tell half-truths. Blame others or your circumstances (eg. “I was drunk”, “I couldn’t help it”, “my parents didn’t...”)

Receiving confession **DO:** Speak & pray truth about Gods character, his work in our lives, what His word says about his forgiveness (eg: 1 John 1:9), encourage the other in appropriate steps for restitution/reconciliation/repentance. Be humble and prepared to admit your own faults. Keep it **confidential!** Feel free to say “no”

**DON’T:** Judge, reject, or seek to manipulate. Gossip. Try to carry a burden that you can’t- if needed, seek help confidentially (prayer team, elders, pastor are all good resources)

**CAVEAT:** If what you need to confess is something that the law should be involved in (eg. violence), or is outside of another’s experience (eg. drug addiction) seek professional help (prayer team, elders, pastor are good resources too). Don’t burden another with a load they cannot carry.