

Week 23
Confession

“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.”
- Ps 32:5

“Confession is good for the soul” is part of an old Scottish proverb. Throughout Scripture, there is a connection between the release of guilt and confession. Confessing our sins somehow frees us to move beyond the sins of the past. Growing spiritually is a cooperative effort between us and God. God promises us the power of His Spirit as a means to overcome sin. Paul says in Romans 8:13-14,

“For if you live according to the sinful nature, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live, because those who are led by the Spirit of God are sons of God.”

When we try to overcome sin using our own ability, we are tempted to glorify our own strength, our own discipline, our own accomplishments and ultimately our own power to redeem ourselves. Confession reminds us that God and His Spirit are the power that overcomes sin. Confession also helps us to gain a deeper understanding of our sinful patterns of thought and behavior. When we invest all of our energy into masking our struggles, our failures, and our weaknesses we invest little energy into actually understanding why we do the things we do. How can we seek God’s help to conquer the sinful desires of our hearts when we do not acknowledge that those desires exist?

The path to growth involves seeking a deeper understanding of the things that tempt us. John categorizes the common threats to life with these words,

“For everything in the world—the cravings of sinful man, the lust of his eyes and the boasting of what he has and does— comes not from the Father but from the world.” - 1 Jn 2:16

When we fail to acknowledge the truth of our cravings in life, we are pretending they don’t exist. The path to growth forces us to look into our hearts to find the root of these desires, confess them to God and others, and begin to experience the power of the Spirit to put them to death.

This Week

- Pray that God will help you to identify sin in your life. As He does, look at that sin closely, seeking understanding. Confess them to God, confess them to faithful friends. God will “forgive the guilt” and bring joy to your soul.

Week 23

Jun 6-12

Sun	<i>What specific action can you do this week related to your growth goals?</i>			6
Encourage One Another (4)				
Mon	Josh 11,12	Acts 22	Psa 111	7
Tue	Josh 13,14	Acts 23	Psa 112	8
Wed	Josh 15	Acts 24	Psa 113	9
Thr	Josh 16,17,18	Acts 25	Psa 114	10
Fri	Josh 19,20	Acts 26	Psa 115	11
Sat				12
Jacob Shaffer				