



# Letting Go

Using Confession to be Healed



# Repenting vs Confessing



# Repenting vs Confessing

Repent - from the Greek word *metanoia*. A fundamental change of mind.



# Repenting

“Now repent of your sins and turn to God, so that your sins may be wiped away.”

Acts 3:19 (NLT)





# Repenting vs Confessing

Confess - to own or acknowledge something.



# Types of Confession

Confess - to own or acknowledge something.

- To ourselves.



# Types of Confession

“8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

1 John 1:8-9 (NIV)





# Types of Confession

Confess - to own or acknowledge something.

- To ourselves.
- To God.



# Types of Confession

“9 If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. 10 For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.”

Romans 10:9-10 (NIV)



# Types of Confession

Confess - to own or acknowledge something.

- To ourselves.
- To God.
- To others.



# Confessing to Others

“Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.”

James 5:16 (NLT)





# Why does it matter?

- Confessing keeps us humble.





# Why does it matter?

9 To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable:

10 “Two men went up to the temple to pray, one a Pharisee and the other a tax collector.<sup>11</sup> The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector.<sup>12</sup> I fast twice a week and give a tenth of all I get.’



# Why does it matter?

13 “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’

14 “I tell you that this man (the tax collector), rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Luke 18:9-14 (NIV)



# Why does it matter?

- Confessing keeps us humble
- Holding onto our sin isolates us.



# Why does it matter?

“3 Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”

Proverbs 28:3 (NIV)





# Why does it matter?

“If they knew the real me, they would hate me.”

“No one here has done anything as bad as me.”

“No one would ever look at me the same...”

“I’d lose everything if anyone knew.”





# Why does it matter?

- Confessing keeps us humble
- Holding onto our sin isolates us.
- Hiding sin prevents us from helping others.



# Why does it matter?

3 “And why worry about a speck in your friend’s eye when you have a log in your own? 4 How can you think of saying to your friend, ‘Let me help you get rid of that speck in your eye,’ when you can’t see past the log in your own eye?”



# Why does it matter?

5 Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.

Matthew 7:3-5 (NLT)



# What should we confess?





What should we confess?

EVERYTHING





# To whom should we confess?

- Accountability partners



# To whom should we confess?

- Accountability partners
- Mentors



# To whom should we confess?

- Accountability partners
- Mentors
- The person we wronged



# Making amends

“23 Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, 24 leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.”

Matthew 5:23-24 (NIV)





# Offering Forgiveness

“14 For if you forgive other people when they sin against you, your heavenly Father will also forgive you.15 But if you do not forgive others their sins, your Father will not forgive your sins.”

Matthew 6:14-15 (NIV)





# Confessing

What do you need to let go of?

Who do you need to offer amends?

Who do you need to forgive?

