

PUSHING A LITTLE DEEPER (Confession)

Forgiving others is the biblical key to freedom and healing from their sins against us. This step, however, might not take us as deep as we need to go. There are often sins we need to take ownership for that get lost in the pain we feel or justified because of what has been done to us. Acknowledging and confessing that sin is a difficult, yet an important extra step to help us truly know God's grace and feel free.

Heart Questions: Why might it be hard to look at our own sin as a part of forgiving those who have greatly sinned against us? If you are hesitant to confess your own sins, what are you afraid of? Why is confession necessary, and what good things will it lead to?

Confession Is The Path of Healing

By addressing your sin, it in no way justifies or minimizes what was done to you by your abuser! Yet your own sin is likely a part of the shame you have dealt with. How has your own sin contributed to the shame you have lived in?

Because Jesus has already paid for our sins, we don't have to run away from God in shame or fear when confronted with our sin, but instead can run confidently to Him to know His grace.

Romans 8:1 "Therefore there is now no condemnation for those who are in Christ Jesus"

Hebrews 10:19-22 "Therefore, brethren, since we have confidence to enter the holy place by the blood of Jesus, by a new and living way which He inaugurated for us through the veil, that is, His flesh, and since we have a great priest over the house of God, let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water."

Just like we are called to forgive those who sin against us, we are called to confess our sins to God. This is the practical way in which we experience the wonderful forgiveness that is ours through the cross of Christ.

1 John 1:9 "If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness."

Preparing a Confession List

- Similar to your forgiveness list, make a detailed list of sins you need to confess to God
- Think in terms of two possible categories...
 - Sinful behaviors that have arisen as a result of your abuse...
 - This is the most common category for those who have been abused.
 - Sinful behaviors toward others, self-protection, bitterness, anger, mistrust, lack of trust, being a people-pleaser, trying to earn God's favor through performance, wrong views of God, anger toward God, wrong views of self,
 - Sins associated with your abuse...
 - This may not be the case for every person, but sometimes the victim needs to take ownership for sinful behaviors associated with or around the events of the abuse
 - Again, this never justifies the sins of your abuser. But in order to kill shame, if there is anything coming into your mind, simply confess it to God.
- Be detailed and specific, and use biblical language. Ask God to reveal things you need to confess so that you can truly experience the grace and forgiveness that is already yours in Him.

Next time you will pray through your list with your trusted friend.