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Spiritual Disciplines: Confession and Repentance

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**HANDOUT NOTES**

* **Introduction**

**Martin Luther**: “When our Lord and Master Jesus Christ said ‘Repent,’ he intended that the entire life of believers should be repentance.”

* **Confession of Sin**

**1 John 1:9** If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**Proverbs 28:13** Whoever conceals his transgressions will not prosper,

but he who confesses and forsakes them will obtain mercy.

**1 John 1:8** If we say we have no sin, we deceive ourselves, and the truth is not in us.

**Psalm 32:5** I acknowledged my sin to you, and I did not cover my iniquity;

I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin.

**Confess: “to agree together with.”**

Confession is a truthful and humble admittance.

Confession is an admittance that agrees with God, who is truth, that something *is what it is*.

**1 John 1:8-9** If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

* **Confession of Sin to Others**

**James 5:16** Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Who do you go to when you are fighting sin and need to confess your struggle or error?

Do you have any sin that needs to be confessed right now?

* **Confession and Gospel Testimony**

One of the great evidences of our truly belonging to Christ, who is the light, is our practice to confessing sin and dragging it into the light.

* **The Spiritual Discipline of Repentance**

If **confession** is **admittance** (to admit your sin and agree together with God that it is sin), **repentance** is a **new direction**! **(**It is surrendering your current, sinful path in order to get on a God-honoring path.)

Repentance is turning from the sinful practice or path unto a righteous one.

**Proverbs 28:13** Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Repentance is taking up a new path in light of the gospel.

Confession is something we say; repentance is something we do.

Repentance means we turn from the sin and towards righteousness to honor God with our lives.

**Luke 15**

**Luke 15:17 “**But when he came to himself …”

**Luke 15:18-19** “I will arise and go to my father, and I will say to him, ‘Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired servants.’”

**2 Corinthians 7:10** For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

**Matthew 3:2** "Repent, forthe kingdom of heaven is at hand.”

**Luke 18:10-14** “Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, prayed thus: ‘God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week; I give tithes of all that I get.’ But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

* **The True Christian Will Practice Repentance!**

To what extent are you willing to go to actually repent?

What sin, what evil, what God belittling, dishonoring thought, practice or way do you need to confess and repent from today? What does it look like to no longer do that sin but to do what is righteous?

**Jonah 3:6-9** The word reached the king of Nineveh, and he arose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. And he issued a proclamation and published through Nineveh, “By the decree of the king and his nobles: Let neither man nor beast, herd nor flock, taste anything. Let them not feed or drink water, but let man and beast be covered with sackcloth, and let them call out mightily to God. Let everyone turn from his evil way and from the violence that is in his hands. Who knows? God may turn and relent and turn from his fierce anger, so that we may not perish.”

**Psalm 34:17** When the righteous cry for help, the Lord hears and delivers them out of all their troubles.

**Galatians 5:1** For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery.

**1 John 2:1–2** My little children, I write these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only, but also for the sins of the whole world.

**John Calvin**:“It is fitting, that by the confession of our own wretchedness, we show forth the goodness and mercy of our God, among ourselves and before the whole world.”

**1689 Baptist Confession of** Faith: “There is no one who does good and does not sin. Even the best may fall into great sins and offenses, through the power and deceitfulness of the corruption in them, along with the strength of temptation. Therefore, God has mercifully provided in the covenant of grace that believers who sin and fall will be renewed through repentance to salvation. This saving repentance is a gospel grace in which those who are made aware by the Holy Spirit of the many evils of their sin, by faith in Christ humble themselves for it with godly sorrow, hatred of it, and self-loathing. They pray for pardon and strength of grace and determine and endeavor by provisions from the Spirit to live before God in a well-pleasing way in everything ... God has made full provision through Christ in the covenant of grace to preserve believers in their salvation. Thus, although there is no sin so small that it is undeserving of damnation, yet there is no sin so great that it will bring damnation on those who repent. This makes the constant preaching of repentance necessary.”