

Two Truths and a Lie

Confession Can Heal

OCTOBER 9, 2022

“Confess your sins to each other...” This is a line that most of us would rather ignore. Let’s talk about why confession isn’t a bad thing—when done correctly, it repairs and restores and heals us.

MESSAGE NOTES AND HIGHLIGHTS

- Confess your sins to each other... | James 5, v.16
- Most of us believe three lies about confession. First, that confession is for conscience relief. Second, that confession is private. Third, that confession brings condemnation.
- If we believe confession is for conscience relief, over time, it becomes all about me.
- We’ve been trained to do everything we can to NOT admit guilt or fault.
- We avoid confession because it’s uncomfortable, and we don’t understand what it truly is.
- We think confession is private, just me and God, and everything will stay hidden and quiet.
- Scripture teaches that confession is for change, confession is communal, and confession brings healing.
- Genuine confession leads to genuine change and repentance.
- Confession is for the context of community.
- Confession brings healing, repair, restoration, and reconciliation.
- Any man or woman who wrongs another in any way and so is unfaithful to the Lord is guilty and must confess the sin they have committed. | Numbers 5, vv.6-7
- They must make full restitution for the wrong they have done, add a fifth of the value to it and give it all to the person they have wronged. | Numbers 5, v.7
- Confess your sins to each other so that you may be healed. | James 5, v.16
- Confess to God - acknowledge that you fall short and need God’s help.
- Confess to those you’ve harmed - acknowledge that damage was done, and that you have taken and are taking responsibility and actions to restore.
- Confess early. Confess often. Confess with action.
- Confess to others - find freedom in walking openly and honestly without having to pretend, with people who won’t shame you but will encourage you.
- Confession means healing of your relationship, your heart, your mind, your soul.
- Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. | Ephesians 4, v.32
- Don’t stay stuck in the mud. Let someone help you and pull you out.
- Who do you need to tell? What do you need to tell?

DISCUSSION QUESTIONS

1. This message was all about confession. Do you struggle to confess your mistakes, flaws, or things you’ve done wrong? Why or why not?
2. “Confession is for conscience relief, is private, and brings condemnation.” Which of these three errant beliefs about confession have you believed or still find yourself believing?
3. Confession is for change, is communal, and brings healing. Have you seen or experienced confession in these ways?
4. What is something you need to do to better pursue the healthy, healing practice of confession as described in Scripture?