

Week 2: Confession and Repentance

Praise:

Read through Ephesians 2:1-10. (All Scriptures on back of sheet)

Notice all of the words and phrases that describe God's character and actions of love, mercy, grace, and kindness toward spiritually dead, undeserving, sinful human beings like us. Use this passage to lead you in praise to God for the way he loves sinners and does not give us what we deserve if our faith is in Jesus.

Repent:

If your faith is in Jesus, your current identity is a fully-forgiven sinner who is spiritually alive and in relationship with God but who still struggles with sin.

Read Psalm 139:23-24.

Ask God to search your heart and life and reveal areas of sin that you need to confess to him and repent of.

1. Consider conscious, known, obvious, willful sins and habitual sin patterns.
2. Consider socially-acceptable sins (e.g. gossip, irritability, negative talk, complaining, gluttony, prayerlessness, etc.)
3. Consider less obvious, "below-the-surface" sins like sins of motivation (e.g. doing right actions for the praise of people), bitterness toward others, not trusting God in an area of life, etc.
4. Consider idolatry in your heart and misplaced trust for your well-being (e.g. Putting your hope for your well-being in something like certain life outcomes, comfort, relationships, good health, etc., to satisfy your soul)
5. Consider sins of "omission" where you have not obeyed what God has called you to do.

Ask and Yield:

Read Colossians 3:5-10.

Ask for the Holy Spirit's help in putting to death the sins that he has revealed to you, and ask him to reveal the next steps of obedience he wants you to take.

Ask him to reveal a fellow believer that you need to confess something to from today's prayer time. Then, confess that to them and ask for prayer to walk in repentance from that.

End your time by praying for other needs and concerns that the Lord brings to mind.

Ephesians 2:1-10

1 And you were dead in the trespasses and sins 2 in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— 3 among whom we all once lived in the passions of our flesh, carrying out the desires of the flesh and the mind, and were by nature children of wrath, like the rest of mankind. 4 But God, being rich in mercy, because of the great love with which he loved us, 5 even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— 6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus, 7 so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, 9 not a result of works, so that no one may boast. 10 For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

Psalms 139:23-24

*23 Search me, O God, and know my heart!
Try me and know my thoughts!
24 And see if there be any grievous way in me,
and lead me in the way everlasting!*

Colossians 3:5-10

5 Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. 6 On account of these the wrath of God is coming. 7 In these you too once walked, when you were living in them. 8 But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. 9 Do not lie to one another, seeing that you have put off the old self with its practices 10 and have put on the new self, which is being renewed in knowledge after the image of its creator.