

One Anothering
Confess to One Another part 2
Psalm 139:23-24; James 5;

INTRODUCTION

The One Anothering Commands are NOT About What God wants FROM US, But What He Wants FOR US.

THE COMMAND: James 5:16; Psalm 51

James 5 is not a formula for instant healing, but confession is a healing experience.

DEFINITION: homolegeo = “say the same thing as”

Call it sin

Call it forgiven

Call on God

It involves a believer Recognizing his fault, his sin against someone, claiming God’s forgiveness in Christ, asking forgiveness of the one sinned against, and relying on God’s grace to move on. It is a sign of a contrite heart of repentance.

Own it: 7 A’s of Confession – Peacemaker Ministries

- Address everyone involved
- Avoid if, but, and maybe
- Admit specifically
- Acknowledge the hurt
- Ask for forgiveness (allow time)
- Accept the consequences
- Alter your behavior

I was wrong. I’m sorry for doing or saying _____. Please forgive me

When should I confess?

The path to growth includes DWJND

Review from Part 1

**Confession is NOT SOMEONE we meet before it is something we do.
It is someone we meet WHILE doing it.**

1-Confess When the Holy Spirit convicts you of sin – it may be deliberate or unintentional

Confess the right sin – Citizens arrest

Fruit to Root exercise

-Review the situation – what happened?

-Recognize the external fruit – outward behavior of the flesh / opposite of the fruit of the Spirit.

-What deeper heart idol was exposed? Our anger and fear point us to our idols

-What was the dry stream or broken cistern you went to?

-What is the GOSPEL TRUTH we needed to remember??

2- When your behavior has offended someone to the point that the relationship is in danger.

3- Your sin disrupts the peace and purity of the church Eph 4: 1-3

4- When seeking help and support from another person in the struggle against a particular sin

THE OBSTACLES: #1

- The desire to take care of our reputation

OUR REPUTATION IS WHAT SENT Jesus TO THE CROSS

It is not worth defending.

OBSTACLE #2 our perception of our own righteousness.

- Our righteousness keeps us from seeking God's forgiveness and restoration.

There is only mercy for sinners. There is only forgiveness for sinners.

TRIPP .Confession is fundamental. Without it you are relegated to a cycle of repeated and deepening patterns of misunderstanding, wrong, and conflict. With it, the future is bright and hopeful, no matter how big the issues that you are now facing.

THE GRACE OF CONFESSION

- 1) **It is a grace to know right from wrong.**
- 2) **It is a grace to understand the concept of indwelling sin.** One of the most tempting fallacies for us—and for every human being in this fallen world—is to believe that our greatest problems exist outside us rather than inside us. You know your heart is touch with grace when you can honestly say, “My greatest relational problem is ME.”
- 3) **It is a grace to have a properly functioning conscience.** – Beware of the hardened heart. Ask God for self awareness of sin – Psalm 139:23-24

Valley Vision prayer – The Deeps – p.134-35

A broken contrite heart will not only be willing to CONFESS sin, but also HATE it.

Lord Jesus,
Give me a deeper repentance,
A horror of sin,
A dread of its approach

WHAT if life had a soundtrack and sin had a theme, like JAWS? Do we mute the volume of the voice of the Holy Spirit?

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Confession and Petition- this is my prayer for me and you. (Not our typical prayer)

No trial is so hard to bear as a sense of sin.

If thou shouldst give me choice to live

In pleasure and keep my sins,

Or to have them burnt away with trial,

Give me sanctified affliction

4) **It is only grace that protects us from self-righteousness.**

5) **It is a grace to see ourselves with accuracy.** To see ourselves with accuracy is the opposite of self-righteousness. Because we all suffer from some degree of personal spiritual blindness—that is, we do not see ourselves with accuracy—and because we tend to see the weaknesses and

failures of our spouse with greater accuracy, we begin to think of ourselves as more righteous than our husband or wife.

Many people are like the Pharisee in the temple who thanked God that he was not like the other sinners around him. They need the grace of an accurate self-assessment.

Sibbes quote - , **This is not so easy a matter, because the soul out of self-love is loath to enter into itself, lest it should have other thoughts of itself than it would have. —Richard Sibbes**

6) It is a grace to be willing to listen and consider criticism and rebuke.

It is easy to be defensive, but the movement of faith is to receive criticism and respond in humility.

7) It is a grace not to be paralyzed by regret.

8) It is a grace to know that we can face our wrongs because Christ has carried our guilt and shame.

- I am persuaded that fear of regret is something that keeps us from facing things in ourselves that we need to face. Confession not only calls us to look at ourselves in the present, but it also calls us to access the past.

Luther on preaching the gospel to yourself and battling with Satan –

“When the devil casts up to us our sin, and declares us worthy of death and hell, we must say: ‘I confess that I am worthy of death and hell. What more have you to say?’

Satan may respond, ‘Then you will be lost forever!’

Luther: “Not in the least: for I know One who suffered for me and made satisfaction for my sins, and his name is Jesus Christ, the Son of God. So long as he shall live, I shall live also.’

Therefore, treat the devil thus: Spit on him, and say: ‘Have I sinned? Well, then I have sinned, and I am sorry; but I will not on that account despair, for Christ has borne and taken away all my sin,... “It’s the supreme art of the devil that he can make the law out of the gospel. If I can hold on to the distinction between law and gospel, I can say to him , any and every time ,that he should kiss my backside. Even if I sinned, I would say, ‘Should I deny the gospel on this account?’”[vii]

Paul Tripp...

“You see, confession shouldn’t be this scary thing we do our best to avoid; and sin, weakness, and failure should not be the constant elephant in the room that we know is there but cannot talk about. Confession should be seen as a wonderful gift that every relationship needs. It should be liberating. It should be freeing. It should not be seen as a moment of personal loss but as an opportunity for personal and relational gain. Our confession should be propelled by deep appreciation and gratitude toward God, who has made it possible for us not to be afraid any longer of being exposed. Because of what Jesus has done for us, we do not have to hide or excuse our wrongs.” – What did You Expect

Confession is not a sign of weakness, but of maturity. It indicates a good understanding of the gospel.

Practicing reciprocal confession is the biblical way of putting an end to disputes and divisions in the church Eph 4: 1-3

Kaizen Confession- kaizen = “change to become good”.

Some of you in industry or business may have heard of the Kaizen method of continuous incremental improvement. It is a Japanese management approach that focuses on steady change in small steps. In Eastern philosophy, this is driven by self, but from a Christian perspective, it is part of the Spirit filled life. It involves the many small decisions that we make each day. It's the thousands of small decisions that make up and shape our character.

“There is a great market for religious experience in our world; there is little enthusiasm for the patient acquisition of virtue, little inclination to sign up for a long apprenticeship in what earlier generations of Christians called holiness.”

– **Eugene H. Peterson, A Long Obedience in the Same Direction: Discipleship in an Instant Society**

If it's worth doing, it's worth doing poorly, or in small steps

**Note- some things need to be changed in big steps when they involve immediate harm or danger to yourself or others.

What is the ONE (small) thing I need to confess today or this week to improve a relationship?

THE DAILY HABITS OF A CONFESSION LIFESTYLE (and a desire to walk in obedience) p.80-82

These are habits to be worked into our lives as we seek to live a long obedience in the same direction with one another.

If you are like me, these habits don't come naturally. They are supernatural and they represent the movement of faith in the heart. We need to believe the gospel to live a confession lifestyle. Before we go to the dark place of our soul, we must be sure that there is the light of the gospel to meet us.

EX: drain culvert as kids – not going in all the way if we don't see the light at the end. It's too scary. Confession is too scary if we don't see the light of the gospel at the end of it. **WE MEET Jesus WHILE CONFESSING.**

PAUL TRIPP

DAILY HABITS to cultivate: (think about small changes you can make; small steps in the right direction)

1) We will be lovingly honest. Confession requires honesty. It requires a willingness to approach the other when he or she has acted or spoken in a way that God says is wrong. We must be committed to deal with such issues in a way that is driven by Christlike love.

When it comes to the words "I'm sorry, I was wrong." are you a stranger?
HOW WOULD YOUR SPOUSE, kids, parents, co-workers, or roommate answer that question?

2) We will be humble when exposed.—“Thank you; is there something else?”

3) We will not excuse - not defensive and self-justifying

4) We will be quick to admit wrongs. There are few things that contribute more to the health of a relationship than the commitment to keep short accounts. We refuse to pout. We refuse to live in the silence of hurt, anger, and vengeance. When we have done wrong, we will be quick to seek forgiveness and reconciliation.

EX: you can drop 1000 things in your living room and it won't be cluttered, if.....you pick them up quickly. SO TOO with sin in our relationships. If we keep short accounts and confess quickly our relationships won't get cluttered by our sin.

5) We will listen and examine.

Each of us has to work to quiet our emotions and the self-righteous tendencies of our hearts. When approached, we all need to require ourselves to hear clearly and to think carefully.

If you can't think of anything to confess, review the Proud/Broken exercise – posted online. If you missed last week's sermon, listen on line or through the App <http://highlandspca.com/>

6) We will greet confession with encouragement. Few things crush a confession lifestyle more quickly than judgment.

7) We will be patient, persevering, and gentle in the face of wrong. The fact of the matter is that change is most often a process and seldom an event.

8) We will not return to the past. Sadly, many marriages are held hostage by the past. Every current discussion of wrong gets kidnapped by the failures and hurts of the past.

“ALWAYS AND NEVER” are clues that we are returning to the past. “Guilt is the gift that keeps on giving”

9) We will put our hope in Christ. Confession is all about hope.

Confession is NOT someone you meet before you do it. It is someone you meet while doing it.

Let's take some time as we close and meet Jesus through silent confession.

CLOSE WITH TIME OF SILENT CONFESSION (or out loud if appropriate)

- Address everyone involved
- Avoid if, but, and maybe
- Admit specifically
- Acknowledge the hurt
- Ask for forgiveness (allow time)
- Accept the consequences
- Alter your behavior

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