

DAILY BIBLE VERSES AND PRAYER THOUGHTS

MONDAY - VERSES: Judges 10:10-15 PRAYER THOUGHT: Ask God to forgive you for the times you have confessed, but never repented.

TUESDAY - VERSES: 2 Samuel 24:10-17 PRAYER THOUGHT: Thank God for providing a plan that allows us to come to Him and confess our sins and be forgiven.

WEDNESDAY - VERSES: 1 Kings 8:33-40 PRAYER THOUGHT: Ask God to forgive you for specific sins that you have committed and ask Him to help you honestly see the sins in life.

THURSDAY - VERSES: 1 Kings 8:46-51 PRAYER THOUGHT: Ask God to free you from the captivity of the sins that have chained you in your life.

FRIDAY - VERSES: Nehemiah 1:4-11 PRAYER THOUGHT: Ask God's blessing that we not suffer because of our father's sins or that our sins will cause our descendants to suffer.

SATURDAY - VERSES: Jeremiah 3:25; 8:14; 14:7, 20; 33:7-11 PRAYER THOUGHT: Thank God for His kindness and mercy that He offers us as His children.



The confession of evil works is the first beginning of good works.



Karl Menninger, the famous psychiatrist, says that if he could convince the patients in his psychiatric hospitals that their sins are forgiven, 75 percent of them could walk out the next day. So often we do not take God at his word! (Of course the problem with most of these individuals is that their sins are not forgiven.)



ASSIGNMENTS

1. Daily read over this material and read or sing the song.
2. Place the scripture where you will see it each day.
3. Think of how you have confessed and been forgiven in the past.
4. Write down the sins you have confessed and then throw them away.
5. Tell the class about struggles and successes you have had with confessing your sins.

SPIRITUAL HEALTH REGIMEN - WEEK 46

CONFESSION - 6-9-13 to 6-15-13

SCRIPTURE - 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.

COMMENT – John says that God will fulfill his promise to forgive our sins and cleanse us from ALL unrighteousness on one condition... that we confess our sins. God's hands are tied on forgiving us unless we confess our sins.

SONG - FATHER, HEAR THY CHILDREN'S CALL

1. Father, hear Thy children's call; humbly at Thy feet we fall, Prodigals, confessing all: We beseech Thee, hear us.
2. Christ, beneath Thy cross we blame All our life of sin and shame; Penitent, we breathe Thy name: We beseech Thee, hear us.
3. Sick, we come to Thee for cure; Guilty, seek Thy mercy sure; Evil, long to be made pure: We beseech Thee, hear us.
4. Blind, we pray that we may see; Bound, we pray to be made free; Stained, we pray for sanctity: We beseech Thee, hear us.
5. By Thy love that bids Thee spare, By the heav'n Thou dost prepare, By Thy promises to prayer: We beseech Thee, hear us. Amen.

THOUGHTS

THE SIN OF VANITY?

A young girl went to her preacher and confessed that she feared she had incurred the sin of vanity. "What makes you think that?" asked the minister. "Because every morning when I look in the mirror I think how beautiful I am."

"Never fear, my girl," was the reassuring reply. "That isn't a sin, it's only a mistake."



BATHING SINFUL?

Did you know -- In 1842 the first bathtub was denounced as a "luxurious and democratic vanity". Boston made it unlawful to bathe, except on doctor's prescription. In 1843 Philadelphia made bathing illegal between November 1 and March 15.

How tragic most Christians have adopted a similar schedule of spiritual cleansing. We would rather put up with the stench of our unconfessed sins than come clean before God!

SIN AND ILLNESS

Many Christians get sick physically and emotionally because they are not facing their sins. In his book Pastoral Psychiatry, Dr. John S. Bonnell tells of four such instances. A university student experienced drumming noises in his head, blurred vision, and dizziness. A woman suffered from neuritis. A medical student struggled with mental disorders. And a patient lived with persistent indigestion. In each instance, relief came when the patient finally broke down and confessed sins that were hidden away.



CONFESSION

In The Essential Calvin and Hobbes by Bill Waterson, the cartoon character Calvin says to Hobbes, "I feel bad that I called Susie names and hurt her feelings. I'm sorry I did it." "Maybe you should apologize to her," Hobbes suggests. Calvin ponders this for a moment and then replies, "I keep hoping there's a less obvious solution." When we want to restore our relationship with God, we need to remember that he has a liking for the obvious solution. Norman Langston Beaverton, Oregon Leadership-Vol. 13, #3



SIN IS A PARASITE

A Burmese Christian tells the following parable: A little banyan seed said to a palm tree one day, "I am weary of being tossed about by the wind; let me lodge in your branches." "Remain as long as you like," was the reply. Soon the tree forgot all about its tiny guest, but the seed did not remain idle. Immediately it began to work its roots under the bark and into the heart of the trunk itself. Finally the tree cried out, "What are you doing?" "I'm only the little seed you allowed to rest among your boughs," came the reply. "Get out!" exclaimed the palm. "You've become too large and strong!" "I cannot leave you now," said the banyan. "We have grown together, and I would kill you if I tore myself away." The tree tried desperately to shake itself loose, but to no avail. Eventually its graceful leaves turned brown, and its trunk wasted away; but the banyan continued to thrive until its host could not longer be found.

Yes, a little seed can develop into a parasitic plant and do great

damage. In like manner, a tiny sin that is not confessed and forsaken can grow into an overpowering habit that chokes a Christian's spiritual vitality and ruins his life.



SIN HARDENS

There are six great "forests" in the 94,189-square-mile Petrified Forest National Park within the Painted Desert of northern Arizona.

Virtually unknown until the late 1870's, the old "stone trees" had been killed by natural processes and deeply buried in mud and sand that contained silica-rich volcanic ash. The logs became petrified as the mineral, carried into the wood by ground water, replaced the wood cells. Eventually, the surrounding material eroded away, and the petrified logs and fragments and chips of varied colors became exposed. The stone is of such hardness that it will scratch all but the hardest alloy steels.

I wonder how long it takes unconfessed sin to petrify our hearts, so that we no longer feel the conscience's touch?



Confession is good for the soul. - old Scottish proverb



CONFESSING SIN

INTRODUCTION - 1 JOHN 1:5-10

I. WE MUST CONFESS OUR SIN TO OURSELVES - 1 JOHN 1:8;

1 JOHN 1:10; ECCLESIASTES 7:20; ROMANS 3:23

II. WE MUST CONFESS OUR SIN TO GOD - 1 JOHN 1:9;

ROMANS 14:10-12; PSALM 32:5; LUKE 15:17-21; ACTS 7:51

III. WE MUST CONFESS OUR SIN TO ONE ANOTHER - JAMES

5:16; ACTS 19:18

CONCLUSION

CONFESSING SIN

SCRIPTURE - (1 John 1:5-10) This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. {6} If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. {7} But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. {8} If we say that we have no sin, we deceive ourselves, and the truth is not in us. {9} If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. {10} If we say that we have not sinned, we make Him a liar, and His word is not in us.

INTRODUCTION

A. The story is told of four preachers from the same town who went fishing together. While they were fishing they began to discuss their sins and the need for confession. They realized that they could not confess to their congregations so they decided to confess to each other. One confessed that he had been guilty of adulterous thoughts toward one of his members. The second preacher confessed that he had a problem with taking money from the collection at times. The third preacher confessed that he liked to take a drink of whiskey occasionally. They all stated that they had never confessed these things to anyone before. The fourth preacher remained silent for a long time. Finally when pressed by his fellow preachers to reveal his weaknesses, finally he said, "I don't think you want to know my weaknesses, but since you insist, I am going to tell you. I can hardly wait to get back home because I just love to gossip."

B. CONFESSION OF SINS IS NOT EASY FOR US...HOWEVER...

C. 1 JOHN 1:9 SAYS THAT CONFESSION IS NECESSARY IF WE WANT TO BE FORGIVEN OF OUR SINS

I. WE MUST CONFESS OUR SIN TO OURSELVES

A. ADMITTING THAT WE HAVE SIN IN OUR LIFE IS THE FIRST STEP IN FORGIVENESS

B. IF WE DON'T CONFESS OUR SIN WE DECEIVE OURSELVES AND THE TRUTH IS NOT IN US - (1 John 1:8) If we say that we have no sin, we deceive ourselves, and the truth is not in us.

C. IF WE DON'T CONFESS OUR SIN WE MAKE GOD A LIAR AND HIS WORD IS NOT IN US - (1 John 1:10) If we say that we have not sinned, we make Him a liar, and His word is not in us.

D. WE ALL HAVE SIN

1. NONE JUST - (Eccl 7:20) For there is not a just man on earth who does good And does not sin.

2. ALL HAVE SINNED - (Rom 3:23) for all have sinned and fall short of the glory of God,

E. ARE YOU IN DENIAL ABOUT YOUR SIN?

II. WE MUST CONFESS OUR SIN TO GOD

A. IF WE CONFESS, HE WILL FORGIVE - (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.

B. CONFESS NOW OR LATER - (Rom 14:10-12) But why do you judge your brother? Or why do you show contempt for your brother? For we shall all stand before the judgment seat of Christ. {11} For it is written: "As I live, says the LORD, Every knee shall bow to Me, And every tongue shall confess to God." {12} So then each of us shall give account of himself to God.

C. ACKNOWLEDGE SIN - (Psa 32:5) I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," And You forgave the iniquity of my sin. Selah

D. THE PRODIGALS CONFESSION - (Luke 15:17-21) "But when he came to himself, he said, 'How many of my father's hired servants have bread enough and to spare, and I perish with hunger! {18} 'I will arise and go to my father, and will say to him, "Father, I have sinned against heaven and before you, {19} "and I am no longer worthy to be called your son. Make me like one of your hired servants.'" {20} "And he arose and came to his father. But when he was still a great way off, his father saw him and had compassion, and ran and fell on his neck and kissed him. {21} "And the son said to

him, 'Father, I have sinned against heaven and in your sight, and am no longer worthy to be called your son.'

E. WE NEED TO CONFESS OUR SIN TO GOD, NOT BECAUSE HE DOES NOT KNOW ABOUT OUR SIN, BUT TO HUMBLE OURSELVES IN HIS SIGHT - (Acts 7:51) "You stiffnecked and uncircumcised in heart and ears! You always resist the Holy Spirit; as your fathers did, so do you.

III. WE MUST CONFESS OUR SIN TO ONE ANOTHER

A. CONFESS TO ONE ANOTHER - (James 5:16) Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

B. CONFESS SINFUL DEEDS - (Acts 19:18) And many who had believed came confessing and telling their deeds.

C. CONFESSION OF SIN SHOULD ALWAYS GO, AT LEAST, AS FAR AS THE KNOWLEDGE OF THE SIN HAS GONE.

D. WE DON'T JUST CONFESS THAT WE HAVE SINNED BUT HOW WE HAVE SINNED

E. WE NEED TO CONFESS OUR SINS TO ONE ANOTHER BECAUSE...

1. WE NEED THE PRAYERS OF OUR BRETHREN

2. THEY NEED TO KNOW THAT WE ARE SORRY FOR OUR SINS

3. IF WE KNOW, THEY KNOW, THEN IT GIVES US MORE INCENTIVE TO OVERCOME OUR SIN.

CONCLUSION

A. PROSPERITY & MERCY COMES FROM CONFESSION - (Prov 28:13) He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

B. OUR SIN SHOULD BRING ANGUISH WHICH LEADS TO CONFESSION - (Psa 38:18) For I will declare my iniquity; I will be in anguish over my sin.

C. DO YOU HAVE UNCONFESSED SIN IN YOUR LIFE?

D. CONFESSION IS NOT ONLY NECESSARY FOR

FORGIVENESS BUT ALSO TO GIVE US MOTIVATION TO OVERCOME THE SIN.

E. IF YOU HAVE SIN THAT HAS BEEN IN YOUR LIFE FOR A LONG PERIOD OF TIME, IT MAY BE THAT CONFESSION IS WHAT YOU NEED TO OVERCOME IT.

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