

# Lesson 4: Confession Brings Freedom

1. Review: Peacefakers, Peacebreakers, and Peacemakers. Progression of an Idol  
- I Desire, I Demand, I Judge, I Punish
2. **Ice Breaker: Think of a recent conflict. How did you contribute to this conflict?**
3. More than Feeling - *2 Tim 2:25*
  - a. Repentance is more than an apology. It requires waking up to the fact that our ideas, attitudes, values, and goals are wrong. Leads us to renounce sin and turn to God. (*Luke 15:17; Isa. 55:7*)
  - b. Simply feeling bad does not prove repentance
    - i. Are you feeling bad because you got caught, & are suffering consequences? (*2 Cor 7:10*)
    - ii. Are you sorrowful because you have offended God? (*2 Chron 6:37-39*)
      1. worldly sorrow vs. godly sorrow
4. Examine Yourself- *1 John 3:4; Jas 4:17*
  - a. Failing to bear another's burden, or helping to gently restore them is sin (*Num 5:6-7*)
  - b. Do you minimize your role? Do you blame others? Avoid acknowledging our contribution? Do you divert attention away from you? (*Ps. 32:3-5*)
  - c. If this is you Ask God for help to see you sin, and ask a friend to correct you (*Ps. 139-23-24; Prov 12:15*)
5. Ways We Sin → **What does this sin involve? How do you sin when performing this act?**
  - a. The Tongue as a Weapon
    - i. Reckless Words - *Prov 12:18*
      - 1.
    - ii. Grumbling and Complaining - *James 5:9*
      - 1.
    - iii. Falsehood - *Prov 24:28*
      - 1.
    - iv. Gossip - *Prov 16:28*
      - 1.
    - v. Slander - *Lev - 19:16*
      - 1.
    - vi. Worthless Talk - *Eph 4:29*
      - 1.

- b. Controlling Others - *2 Tim 2:25*
- c. Breaking Our Word - *Eccl. 5:4-7; Ps. 15:4*
- d. Failing to Respect Authority- *Rom 13:1-7; Matt 23:1-3*
- e. Forgetting the Golden Rule - *Matt 7:12*
  - i. Do you want your employees, or children behaving the way you are?
- f. Serving Sinful desires- *1 John 2:15-17*

6. The Seven A's of Confession → **Which is the most difficult?**

- a. Address Everyone Involved
- b. Avoid “if”, “but”, and “maybe”
- c. Admit Specifically
- d. Acknowledge The Hurt
- e. Accept the Consequences - *Luke 15:19*
- f. Alter Your Behavior
- g. Ask for Forgiveness; Allow Time
  - i. “I hope you will soon be able to forgive me. I want to be reconciled. If I can do more, please let me know”
- h. Avoid letting this become a meaningless ritual

7. You Can Change - *Phil 1:16; Eph 4:22-24*

- a. Pray
- b. Delight yourself in the Lord
- c. Study the ways of God will lead to understanding
- d. Practice - monitor your behavior

8. Closure → Find your partner. Answer one area from this weeks study that you find challenging for you. Then pray for each other. Do you struggle with

- a. With on the 6 ways we sin
- b. To examine our self
- c. Worldly Sorrow
- d. One of the 7 A's
- e. Other

Ask that the Lord would give us power to confess our sin and how we contribute to conflict