

A long-exposure photograph of a waterfall cascading over moss-covered rocks in a lush green forest. The water is blurred, creating a soft, ethereal effect. The rocks are heavily covered in vibrant green moss, and the surrounding foliage is dense and verdant. The overall scene is peaceful and natural.

*A Guide
to
Confession
and
Cleansing*

A Guide to Confession and Cleansing

Get a pen in hand and have a copy of “My Prayer of Confession” sheet. As you read through this book and unconfessed sins come to mind, write them on the sheet. Be transparent. God knows.

For our prayers to be heard and for God’s power through prayer to be experienced, Christians must become transparent. We do not need to confess sin for which we have already received forgiveness, and we do not need to ignore sin that we may have hidden.

Take time to examine your heart. Turn the pages slowly and consider each question. *“If we confess our sin He is faithful and just to forgive us our sin and to cleanse us from all unrighteousness”* (1 John 1:9).

Personal Sins

Am I willing to do anything God wants me to do?

Am I sinning the sin of prayerlessness?
(*"You do not have because you do not ask God"*
James 4:2.)

Have I neglected the word of God?

Am I impatient?
Irritable?
Offended easily?

Do my “hurt feelings” keep me from serving God?

Do I get angry easily?

Do I “blow up”?

Do I “swell up” with resentment?

What about covetousness?

Am I too concerned about things?

Have I sought material blessings more than
spiritual blessings?

Is there anything in my life that I would be unwilling to give up
for Christ?

Do I deny myself daily to follow Jesus?

Have I any bad habit which I should forsake?

Have I asked God's help?

Do I have sinful pride in my heart?

Can I keep a secret? Is my mind honest and clean in the sight
of God?

Am I faithful to my wedding vows in deed and thought?

Is my home a testimony for Jesus?

Am I willing and ready to forgive any wrong against me?

My family?

Do I have any secret sin which I excuse but should forsake?

Did I meet every situation today as a Christian should?

Have I honestly allowed Jesus to be a witness through me today?

Have I worried and been overanxious about things for which I had no control?

Do I fret?

Complain?

Am I guilty of the sin of unbelief?

Am I willing here and now to ask God to help me put these
personal sins out of my heart?

Interpersonal Sins

Have I forgiven everyone?

(“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins” (Matthew 6:14 & 15).

Have I forgiven those who talked about me?

Talked about my loved ones?

Is all resentment out of my heart?

Am I willing to ask forgiveness from anyone I have wronged in any way?

Do I bear grudges?

Am I critical of others?

Is the reputation of another safe in my hands?

When I speak the truth, do I do it in love?

Do I “blow up”?

Do I become jealous when others succeed?

Am I dishonest with others?

Have I paid my debt to others as I should?

Am I willing to leave a wrong impression if I can do so without
telling a lie?

Do I have anything in my possession which does not rightly belong to or with me?

Have I wronged anyone and failed to make restitution?

Am I willing here and now to ask God to help me put these **Interpersonal Sins** out of my heart?

Sins Against Christ and His Church

Have I in any way been dishonest with God?

With my church?

Have I broken any promise or pledge made to God?

With His church?

Since my emergency is past, have I kept the
promises I made in prayer?

Have I hurt someone, or my church by needless talk about
another's faults?

Even if it was true, did I glorify God by telling it?

Did I pray for those involved?

Do I have the right attitude toward my fellow church
members?

Toward the leaders in the church?

Do I resent God's leaders?

Does my pastor know that he can count on me?

Do I really believe in the power of God to ...

...cleanse any sinner?

...change any life?

...heal any heart?

Am I willing her and now to ask God to help me put these
Sins against Christ and His Church out of my heart?

Next, follow the instructions on the bottom of the
Confession sheet, And remember:
“GOD Loves YOU!”

Confession

*Remember that the position of your body does not determine
the position of your heart.
(Matthew 6:5-15)*

- 5 “When you pray, you are not to be like the hypocrites;
for they love to stand and praying the synagogues and
on the street corners so that they may be seen by men.
Truly I say to you, they have their reward in full.”
- 6 “But you, when you pray, go into your inner room,
close your door and pray to your Father who is in
secret, and your Father who sees what is done in
secret, will reward you.”
- 7 “And when you are praying, do not use meaningless
repetitions the Gentiles do, for they suppose that they
will be heard for their many words.”
- 8 “So do not be like them; for your Father knows what
you need before you ask Him.”
- 9 “Pray, then, in this way:

Our Father who is in heaven, Hallowed be Your
name. 10 Your kingdom come. Your will be done. On
earth as it is in heaven. 11 Give us this day our daily
bread. 12 And forgive us our debts, as we also have
forgiven our debtors. 13 And do not lead us into
temptation, but deliver us from evil {For Yours is the
kingdom and the power and the glory forever.
Amen.}

- 14 “For if you forgive others for their transgressions, your
heavenly Father will also forgive you.”
- 15 “But if you do not forgive others, then your Father will
not forgive your transgressions.”

“My Prayer of Confession”

“Lord, because I adore you, I confess and seek your forgiveness for these unconfessed sins.”

Personal Sins

Interpersonal Sins

Sins I have committed against God

Sins of unforgiveness

Now, turn away and do not go on in these sins - Do NOT sign your name!

Write the reference I John 1:9 over your sins and place this paper in the shredder!

I John 1:9 says: “If we confess our sin, He is faithful and just to forgive us our sin and cleanse us from all unrighteousness.”

Be confident you will never need to bring these sins up again. Psalm 103:12 says: “As far as the east is from the west, so far has he removed our transgressions from us.”