

# 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" (I John 1:9).

## **Personal Sins**

Am I willing	to do an	ything (	God	wants	me	to	do?
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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?

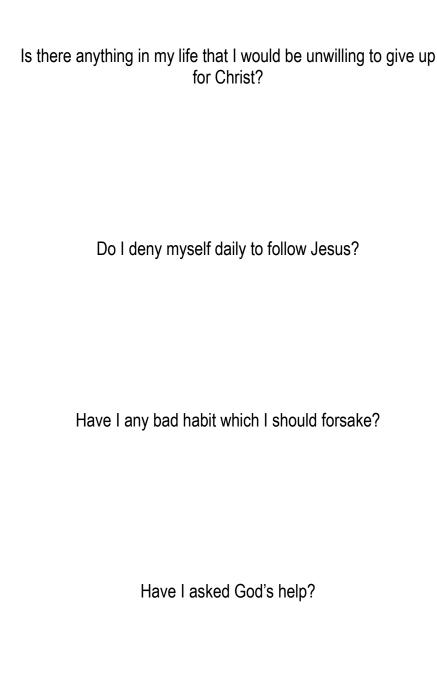
Do I "blow up"?

Do I "swell up" with resentment?

What about covetousness?

Am I too concerned about things?

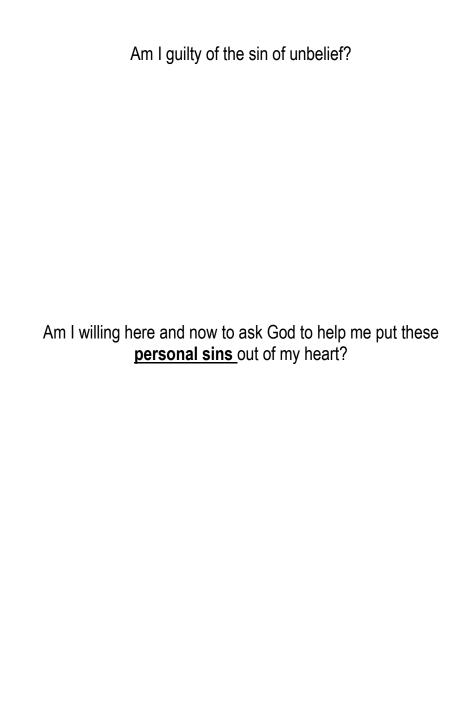
Have I sought material blessings more than spiritual blessings?



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 to- day?
Have I worried and been overanxious about things for which I had no control?
Do I fret?
Complain?



#### **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?

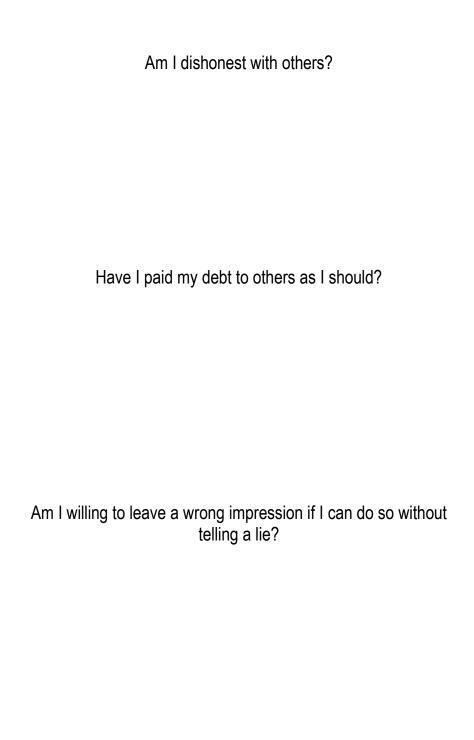
Am I willing to ask forgiveness from	anyone I have wronged in
any way?	}

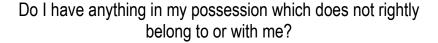
Do I bear grudges?

Am I critical of others?

Is the reputation of another safe in my hands?







Have I wronged anyone and failed to make restitution?

Am I willing here and now to ask God to help me put these <a href="Interpersonal Sins">Interpersonal Sins</a> out of my heart?

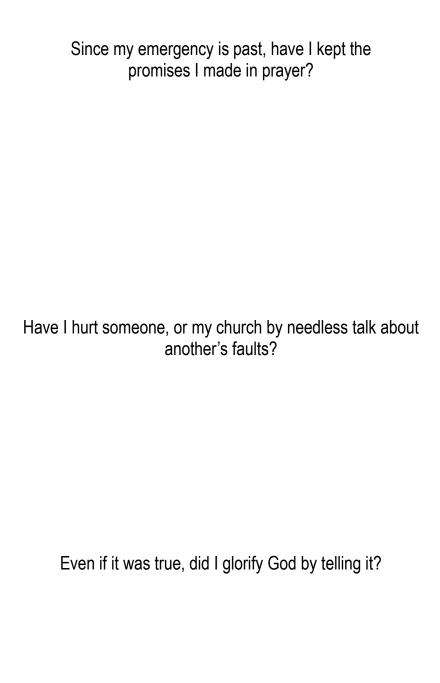
# **Sins Against Christ and His Church**

Have I in any wa	y been	dishonest	with	God?
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With my church?

Have I broken any promise or pledge made to God?

With His church?



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."

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Interpersonal Sins		
Sins I have committed again	st God	
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W. A.		
Sins of unforgiveness		
	CATALON CONTROL CONTROL	
Now, turn away and do not g <u>NOT sign your name!</u> Write the reference <u>I John 1st</u> place this paper in the shrea	39 over your sins	
I John 1:9 says: "If we	confess our sin,	He is

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."

from all unrighteousness."