

Celebrating Recovery—One Day At A Time

Why confess to God, self, and another?

Are you hurting? Pray. Do you feel great? Sing. Are you sick? Call the church leaders together to pray and anoint you with oil in the name of the Master. Believing-prayer will heal you, and Jesus will put you on your feet. And if you've sinned, you'll be forgiven— healed inside and out. Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with. James 5:13-16, The Message

Clarifying Confession

Confess – *ekzomologeō* – a word that means to declare, to say out loud, to exclaim, to divulge, or to blurt

Sins – faults – *paraptoma* – a failing in some area of one's life; a person who has accidentally bumped into something, or one who has accidentally swerved or turned amiss and has thus thought something or done something that is erroneous

Key Points

- Confession is essential when one lives by the triangle of trust –body and soul express themselves as we declare, say out loud, exclaim, divulge, and blurt out our feelings, needs, wants, desires, and yearnings. What we confess is determined by the Spirit. This requires eating the book, getting a tummy ache, confessing the ache, and allowing

God to remove the defects of character that cause our body and soul to rebel against the Spirit.

- Sin may be unintentional, an act of omission, or a loose thought. This is why performance is such an ineffectual way to try to get God's attention. Living independently of God is natural for the body and soul. We live in denial about our independent ways. History has proven that humans have an amazing capacity to fool themselves and others – rationalizing, justifying our decisions that run contrary to the good intentions of God toward all his creatures. We can't get it right with our own best efforts. So we must confess this, asking God to show us his way, and to give us what we need to follow the path of trusting him.
- Don't confuse confessing with requesting. Confession should be driven by our tummy aches, not our desires.
- The implications of confession are enormous. Sociopaths don't confess. Honest confession is predicated upon a heart that desires to follow God.
- Confession should be a common practice. Every moment of each day probably provides a reason to confess.
- Confession has amazing health benefits. Confession is for our benefit. God already knows our deal.
- Confession is powerful. Confession invites God to have his way with us, which we have already established is bound by the law of good intentions.
- Confession benefits individuals and community. Confession connects. Confession reduces shame and diminishes our ability to trick ourselves with the belief that we are terminally unique and beyond help and hope.

Celebration

Conversation

Community

Exploring new pathways to peace in the midst of suffering