

# A Time of Confession<sup>1</sup>

Confession is a time to “take out the trash” and ask God to remove the things in our hearts that are barriers to freely relating with and receiving from Him. It’s a time to repent, turn to the Lord and experience refreshment! Follow these steps for a time of confession.

## **PRAISE:**

Read Psalm 103 out loud and join the Psalmist by adding your praise and prayers.

## **PRAY:**

Pray through this passage slowly and allow the Lord to bring things to mind. When the Lord brings things to mind it will be specific and will bring us hope in our hearts, not condemnation.

*Search me, God, and know my heart;  
Test me and know my anxious thoughts.  
See if there is any offensive way in me,  
And lead me in the way everlasting. Psalm 139:23-24 (NIV)*

## **WRITE:**

Write down the things that the Spirit brings to your mind to confess.

This may include: fears, doubts, actions, words, thoughts, people to forgive, people that you have sinned against, and lies that you believe. Do not think hard to come up with things to put on your list; God will bring them to mind—He wants you to confess them.

## **CONFESS:**

Next, pray through the things on your list. For example, “Lord I am sorry I lied to \_\_\_\_\_; it was wrong, and I ask you to forgive me. Please give me the grace to repent (turn from this sin and do it no longer) and to make any restorations that you lead me to make.” True prayer is from the heart, so the words don’t matter as much as your desire to repent.

## **TRUST:**

We now trust that God has forgiven us, and we write in large letters over the whole page this promise:

*If we confess our sins, he is faithful and just  
and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9 (NIV)*

Now destroy the page because

*...as far as the east is from the west,  
so far has he removed our transgressions from us. Psalm 103:12 (NIV)*

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<sup>1</sup> This page is in large part thanks to Elton Gillam’s training in how have a time of confession.