

Practice

Confession

We heal from sin by coming out of hiding. This is why this session, almost more than any other, must be put into practice. The practice of naming your sin to another person is what the writers of the Bible call “confession.”

When we feel guilt and shame because of something we’ve done or not done, confession is likely the last thing we feel like doing.

But the path to being free from shame involves being open and transparent with someone we trust. In James 5v16 we read, “Confess your sins to each other and pray for each other so that you may be healed.” When we name our sin or shame or secret with a trusted person, we can experience healing.

The practice is simple:

01 Find someone you trust who will both love and accept you, *and* call you up to holiness. This could be a spiritual friend, community member, pastor, spiritual director, or therapist.

02 Find a place to meet that is private enough for you to feel safe and at peace.

03 Name your sin or shame or secret. Tell them the sin done by you, to you, or around you.

04 Let them love you, be faithful to you, and speak Jesus’ forgiveness over you.

For those of you *hearing* a confession, your role is very important. Don’t shame or lecture or scold, just welcome in love.

Continue this practice on a regular basis, and keep the conversation going.