



LIFE APPS #3 :: The Confession App {Andy Stanley}

INTRODUCTION

The concept of “confession” conjures images of a veiled priest sitting in a confession booth ready to absolve you of your sins. Protestants have it a little easier; they can go directly to God and ask for forgiveness without involving a middleman. Regardless of the religious system, the outcome tends to be the same - a relieved conscience. However “confession” doesn’t necessarily result in life-change. What happens if “confession” simply provides a license to sin again?

DISCUSSION QUESTIONS

1. When you think of “confession,” what is the first thing that comes to mind?
2. It’s often been said that once you confess your sins to God, he *forgets* them. Is this true? After confessing, do we proceed with a clean slate? Or are there any consequences for our sins that are *unforgettable*?
3. What is the difference between confession and repentance?
4. Read Numbers 5:5-7 and Luke 19:8-9. Why is restitution an important part of confession?
5. Read James 5:16. What is the biggest obstacle to confessing your sins to each other? What are the possible consequences of concealing your sins?
6. What do you need to confess? Who do you need to tell?

MOVING FORWARD

Genuine confession leads to genuine change. But that requires an element of both repentance and reconciliation. The Bible is clear about confessing sins to one another rather than keeping it solely a “you and God” issue. For the consequences of confession are far less severe than the consequences of concealment.

CHANGING YOUR MIND

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

James 5:16