

Message Mates

Title: Prayers of Confession

- Prayers of Confession can change your life for the better as you confess your sins and receive forgiveness. None of us are without sin (1 John 1:8), and we can sin in thought, word or action. These sins include sins of commission which involves doing something that violates God's commands in Scripture, and sins of omission which is a failure to act.
- Psalm 32 shows us that if you try to keep silent about your sins, it impacts you negatively, affecting your mind and body (v3). Let the Lord bring conviction (v4) and confess it. God already knows your sins, so confession is not telling God anything that He doesn't already know! Confession should be a regular part of your prayers because you don't want relational rubbish coming between God and you. It is better to deal with small amounts of rubbish regularly, than allow it to become large and putrid affecting your life more negatively (v5). God blesses those who seek His forgiveness (v1,2).
- Psalm 51 shows us that when you confess your sins of commission, be specific (v3) and come in humility (v16,17). Come to God knowing that He is loving and compassionate (v1,2). Sins of omission are explained in James 4:17 as the good that we ought to do, but don't. In Matthew 25, Jesus provides examples as the servant who did nothing with his master's money (v 14-30) or those who did not provide for the needy (v31- 46).
- The benefits of regular prayers of confession are life changing.
 - Allow the Lord to bring conviction that leads to confession.
 - By being specific you learn your weaknesses and vulnerabilities and can increase your resolve not to sin.
 - You can welcome the Holy Spirit to provide insights and strategies to overcome regular sins.
 - You remove relational rubbish between you and God.
 - It deepens your relationship with God as you discover his loving and compassionate nature that brings healing to your life.
 - It causes you to become more Christ-like.

Some Questions to Consider

1. Discuss, are you familiar with praying Prayers of Confession? Is this a regular part of your prayer life? Why or why not?
2. Read Psalm 32:1-4. Have you had a time when you have done something wrong, but tried to hide it, deny it, repress it? How did that affect you? Have you confessed it to God and if so, what was the benefit of that to you?

3. Read Psalm 51:1-5. Verse 3 shows us that David knew his transgressions. Discuss the benefits of being specific about confessing your sins.
4. Consider the statement, "God already knows your sins, so confession is not telling God anything that He doesn't already know." Read this in the context of Psalm 51:1,2 and the nature of God. Does this give you confidence that you can come before God in confession to receive forgiveness and healing.
5. Discuss the difference between sins of commission and sins of omission. Why is it important to be aware of both and confess each of them? Have you ever experienced a time when it was what you didn't do that caused a bigger problem than what you did?
6. Discuss the list of benefits of prayers of confession. How have you seen these apply in your life?

Prayer: Consider the prayer

"Lord, I confess that I have sinned in thought, word or action and by what I have not done."

How would you expand this prayer to be specific and to invite the Holy Spirit to help you overcome sin or receive healing from sin.