

Sunday, June 14, 2026

Ancient Practices for Everyday Faith: **Confession**

Then the man and his wife heard the sound of the LORD God walking in the garden at the time of the evening breeze, and they HID from the LORD God among the trees of the garden.
Genesis 3:8

The Lord God provided a path to healing from our guilt and shame.

It begins and ends with confession.

If we confess TRULY, we will TRULY confess.

In Ancient practices...

CONFESSION = Declaration of BELIEF

CONFESSION = Declaration of SIN

THEY DID WHAT WAS EVIL IN THE LORD'S SIGHT (Judges 1-6)

True confession REVEALS our secret sin.

True confession REORIENTS our lives to God's truth not our desires.

True confession RESTORES our relationship to Christ and others.

If we confess TRULY, we will TRULY confess.

Confession moves sin from secrecy into light, where grace, healing, and restoration become possible through the work of Christ. (John 1:9-10, James 5:16)