



Outer Growth - Confession

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh *them* shall have mercy.

Proverbs 28:13

Communicate - Hebrews 13:16

Open - 1 Timothy 5:24

Necessary - 1 Corinthians 12:22

Father - Isaiah 64:8

Ears - 1 Peter 3:12

Self - 2 Corinthians 13:5

Situation - Romans 12:2

Iniquity - Psalms 51:2, Proverbs 16:6

Out - Psalms 25:22, 51:9

New - 2 Corinthians 5:17

The old saying, "Confession is good for the soul," is when someone reveals something they did and did not expect to do. That release of confession out of the body begins the inner healing process physically, mentally, and spiritually. However, those who tend not to reveal their sins, errors, or mistakes will eventually affect their relationship with God. Confession is to remove something from the inside that only the Lord Jesus Christ can remove because He is the only One who died for our sins. Yes, confession is good

for telling someone you trust, love, and who cares for you, but they are not able to remove the guilt and the sin as only the Son of God can.

The root word for confession is to confess. It is an opportunity for the guilty person to reveal what seems uncomfortable inside and what appears to affect their conscience. For believers, confession is the beginning of becoming one and part of the family of God by acknowledging our faults through speaking openly to God and accepting the Son of God, Jesus Christ. In John three, verse sixteen, "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life." To confess is to tell before God by accepting His Son, Jesus Christ, into our hearts openly because He is the link between God and humanity.

Confession is being honest with ourselves. If there is something that we dislike about what we are doing and how we are living, then why should we continue that way? For believers, there will be something to confess about even though it may not be us all the time but within our family, relatives, church, or other social environments. The important thing is all who confess to God are looking for a change in their condition or circumstance. In Luke eighteen, verse twenty-seven, Jesus to the rich young ruler, "And he said, The things which are impossible with men are possible with God."

In Joshua seven, verse nineteen, the servant of God asks Achan to do something, "And Joshua said unto

Achan, My son, give, I pray thee, glory to the Lord God of Israel, and make confession unto Him; and tell me now what thou hast done; hide it not from me." Being open is better than keeping it a secret. The secrecy over time, especially not doing right but wrong, eventually will affect the mind, then the heart, and the body later. There is something inside that wants to be free from it. Holding something within that is a secret will only cause anxiety and potentially stress.

Confession is essential. For example, if someone has a problem stealing, they need to ask for help with their thoughts and hands because it can cost them their freedom. Remember, sin comes from an act of the five senses and the body. Sin began in the Garden of Eden. Adam and Eve fell into sin with their eyes, ears, hands, and mouth.

Confession begins with God, the heavenly Father from above, that believers pray and confess their sins in secret. However, today, some people go to a booth and confess their faults to someone on the other end, which is good, but the only person who can forgive sins is the heavenly Father, not an earthly one. Confession to the Father in Heaven is significant because He is the only One who can direct our path. Yes, we need direction from spiritual leaders, but only God is the Holy One who can give us the answer we need in our journey through life.

Daniel, a servant of God, would not allow himself to defile as in the book of Daniel one, verse eight, a person

that prays three times a day, as in chapter six, verse ten of the same book, had to confess because on behalf of his people and himself in chapter nine, verse twenty. "And whiles I was speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the Lord my God for the holy mountain of my God."

Although Daniel did not show any sign of sinning here, he did not conduct or think highly of himself and how he was living before the Lord. When his people sinned, he included himself as part of them, praying on their behalf. Daniel humbly honored God and the people he was among in his environment through his confession.

Confession includes listening. The Lord will hear His people as they confess to Him. When they let out all that is in their heart, with sincerity, as in Psalms eighty-four, verse eight, "O Lord God of hosts, hear my prayer: give ear, O God of Jacob." However, as believers, do we listen to what God says through His Word, or when a message comes through a servant of God, and we know it relates to our situation? "Hear instruction, and be wise, and refuse it not," as in Proverbs eight, verse thirty-three.

Confession is examining the self. Why do people confess? They feel wrongfully within, and they desire to let it out and get it out because it is on their conscience. The experience of sin or wrongdoing from a person eventually becomes overwhelming for some, and the only way to overcome it

is to admit the fault to release the guilt that comes with the act.

Today, many people go to church, sit in the sanctuary, hear the message, enjoy the service, and go out or go home when it is over. However, very few go and talk to the Lord at the altar, confess any of their faults, and ask for repentance. Psalms sixty-six, verse eighteen, states, "If I regard iniquity in my heart, the Lord will not hear me."

The relationship with God requires daily confession because we were born in sin. For example, "Lord Jesus, if there is any sin that I am not aware of in my life, please reveal it so I can confess it before you to receive your mercy, grace, and forgiveness. Amen.

Confession can change circumstances. What we say can sometimes put us in a bad situation.

On the other hand, for believers, praying about the circumstance can catapult the person into a better position. Confession to God about a problem in detail is crucial, even though He sees everything. However, the Lord wants to see how much faith is in the heart.

Confession is a lesson. All things begin from the heart. To know God starts with accepting salvation through His Son, Jesus Christ, from the heart.

Therefore, it comes with an intimate relationship with the Lord, which is not physical but spiritual because God is a Spirit. It has nothing to do with an earthly physical intimacy but a close bond of the inner being.

Confession is the remedy for getting rid of something from the heart. When a person speaks about something

wrong they have done, like a child to their parents, they usually feel better because they have this all hidden inside their heart and mind and cannot express these ill feelings to be free from it. For believers, confession is the remedy for being free from sin in the heart. In Galatians five, verse one, "Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage."

Confessing sin opens the opportunity for Jesus to come in. Serving Jesus Christ and having Him as personal Savior requires the removal of iniquity from our being so that God can set us free. "Being then made free from sin, ye became the servants of righteousness," as in Romans six, verse eighteen. Once a person confesses to God their faults and asks for forgiveness, the darkness of iniquity is gone from the heart, and the light of God shines through. God is light who enables His people to live right in His sight.

Confession begins with freedom from troubles. Everyone will undergo all sorts of trouble. In Job fourteen, verse one, "Man that is born of a woman is of few days, and full of trouble." Men, women, and children will experience trouble in this life. There is no way to control it, but only the mercy of God will help each one overcome it.

For believers, there is a way out when we confess to God all that may trouble us. "Will God hear his cry when trouble cometh upon him?" Yes, as in this verse of Job twenty-seven, verse nine declares. Through confession from the

heart, anyone can call upon God if they want to change. Our confession can move the heart of God, especially the ones who want to get out of their ungodly state.

The point of confession is to have a fresh start. The chance to begin living on a new journey without the weight of whatever held us down or kept us back from moving forward. For believers, "Therefore if any man be in Christ, he is a new creature: old things are passed away: Behold, all things are become new." This verse from Second Corinthians five, verse seventeen reflects the individuals who receive salvation but also compliments confession.

Confession should be the believer's daily profession because the heart needs constant cleansing. No saint of God can be sure they are fine due to an enemy who seeks to devour souls especially followers of Christ. The devil looks to destroy the connection between God and humans and doesn't take a break in an attempt to do so. Confession with God will keep the soul from falling out of His grace until we meet Him in heaven face to face.