

## WORKSHEET: CHAPTER 12

### *HEALING THE PAST GOD'S WAY* *REPENTANCE*

#### **PRIVATE CONFESSION**

Private confession is you and God alone. As the Holy Spirit reveals your heart about a person or a situation, about a thought pattern, a feeling or an action that does not line up with Scripture, the best thing to do is confess and repent of it right then and there. The “putting off” of the wrong heart/soul/mind issue and the “putting on” of the right heart/soul/mind issue (Colossians 3) is the best and surest way to protect your unbroken fellowship with a holy God.

Richard Foster in the *Celebration of Discipline* tells us that the discipline of confession “involves an objective change in our relationship with God and a subjective change in us. It is a means of healing and transforming the inner spirit.” Practiced, daily confession has the power to train our minds toward a right perspective of God. Ignored, and the lack of confession will harden our hearts toward both the sin and the One who condemns the sin through His holiness. A hard heart can not receive nor can it give. It is an impenetrable wall that robs us of joy, of peace and of a right perspective about God. The good news is this, each new day is another opportunity to choose to practice the discipline of confession and repentance. Even in the hardness of our heart (pride), God provides the tools to tear down that wall.

#### **CORPORATE CONFESSION**

Confession is not only a practice between God and me, but between each of us and fellow believers. We are to bear one another's burdens (Galatians 6:1 & 2; 1 Thessalonians 5:14) and we are to build one another up in Christ (Romans 15:1 - 7). We are to be intentional with the gift of fellowship and learn what it is to be transparent with one another. Two issues to consider:

One, choose wisely to whom you confess. This should only be an individual in your inner circle that is someone who is mature in their faith, who loves Jesus with a passion and who desires your best. God does not require us to expose ourselves to the world. He does, however, require us to invite others along on our journey of faith (Colossians 1:28).

Galatians 6:2 tells us that we are to bear one another's burdens. It is a responsibility to come alongside of one another and lighten the load. However, there is a practical lesson here. Bearing one another's burdens teaches compassion and humility because you learn as you carry that load that it will only be a matter of time before you need someone bearing the load for you.

Corporate confession does not supplant private confession - it heightens it. First, we have an audience with the Savior of our lives and then, we have the arms, the warmth, the understanding hug of a fellow sojourner who will be in our shoes sometime next week or month or year. Each requires humility to embrace and wisdom to partake.

Two, don't assume that you know what any one else's life looks like. Grace must be the foundation of our life with God and it is essential in our life with one another. Grace, toward one another, looks suspiciously like the fruits of the spirit practiced out loud (Galatians 5:16 - 24).

Take the next 5 days and practice daily confession and repentance of any heart motivations, thoughts, emotions, actions or beliefs that run contrary to Scripture and contrary to God's Word. Remember, as you work through the Scriptures, ask God for wisdom in understanding the text and then wisdom in applying it to your life. Also remember that confession / repentance are the tools by which we enter into the throne room of grace, covered by Jesus' blood. While we are confident in His atoning work, we must enter always in an attitude of submission and humility. We are unworthy; God is gracious, therefore, we are able to come into His presence.

In addition, at least once, choose a close, Christian friend with whom to meet for corporate confession. As God is revealing to you the hidden sins and attitudes of your heart, invite someone into the conversation.

Have mercy on me, O God, according to your steadfast love;  
according to your abundant mercy blot out my transgressions.  
Wash me thoroughly from my iniquity, and cleanse me from my sin!  
For I know my transgressions, and my sin is ever before me.  
Against you, you only, have I sinned and done what is evil in your sight,  
so that you may be justified in your words and blameless in your judgment.  
Behold, I was brought forth in iniquity, and in sin did my mother conceive me.  
Behold, you delight in truth in the inward being,  
and you teach me wisdom in the secret heart.  
Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.  
Let me hear joy and gladness; let the bones that you have broken rejoice.  
Hide your face from my sins, and blot out all my iniquities.  
Create in me a clean heart, O God, and renew a right spirit within me.  
Cast me not away from your presence, and take not your Holy Spirit from me.  
Restore to me the joy of your salvation, and uphold me with a willing spirit.  
Then I will teach transgressors your ways, and sinners will return to you.  
Deliver me from bloodguiltiness, O God,  
O God of my salvation, and my tongue will sing aloud of your righteousness.  
O Lord, open my lips, and my mouth will declare your praise.  
For you will not delight in sacrifice, or I would give it;  
you will not be pleased with a burnt offering.  
The sacrifices of God are a broken spirit; a broken and contrite heart,  
O God, you will not despise.  
Do good to Zion in your good pleasure; build up the walls of Jerusalem;  
then will you delight in right sacrifices, in burnt offerings and whole burnt offerings;  
then bulls will be offered on your altar.

Psalm 51

**DAY ONE:** Meditate on Psalm 51: Examine where your heart is in regard to your sin

A - ADORE the Trinity, the Godhead, Three-in-One

C - CONFESS and REPENT of your HARD HEART

T - THANK Him for His character, His purposes, His plans for your life

S - SURRENDER (SUPPLICATION) your needs, your wants, your life into His hands

**DAY TWO:** Read Isaiah 1:10 - 20 Examine your heart of worship toward God. Are you practicing a heart of authentic worship or are you going through the motions?

“Come now, let us reason together, says the LORD:  
though your sins are like scarlet, they shall be as white as snow;  
though they are red like crimson, they shall become like wool.  
If you are willing and obedient, you shall eat the good of the land;  
but if you refuse and rebel, you shall be eaten by the sword;  
for the mouth of the LORD has spoken.”

Isaiah 1:18 – 20

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**DAY THREE:** Meditate on Psalm 51: Examine where your heart is in regard to your sin

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**DAY FOUR:** Meditate on Hosea 6:1 - 3 Take notice of your need for God.

Come, let us return to the LORD; for He has torn us, that He may heal us; He has struck us down, and he will bind us up. After two days, he will revive us; on the third day he will raise us up, that we may live before him. Let us know; let us press on to know the LORD; His going out is sure as the dawn; He will come to us as the showers, as the spring rains that water the earth. Hosea 6:1 - 3

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**DAY FIVE:** Meditate on Psalm 51: examine where your heart is in regard to your sin

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More Scriptures upon which to meditate as you choose to submit to God’s forgiveness:

Luke 7:41 – 47

Matthew 27:1 – 50

Mark 15:1 – 37

Luke 22:63 – 23:46

John 19:1 – 30

Nehemiah 9:17