

“CONFESS THE TRUTH”

Series: “Living Free,” part 3 of 6
Saturday, March 6, 2010 at 5:00 pm and
Sunday, March 7, 2010 at 9:00 and 11:00 am

Big Idea: Healing begins when we can honestly confess our wrongs to God and to others.

Text: James 5:16

Bullet: “We’re only as sick as our secrets.” Popular AA slogan

Hebrews 12:1

Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance, and the sin which so easily entangles us. {NASV}

James 5:16

Therefore confess your sins to each other and pray for each other so that you may be healed.

WHY IS CONFESSION SO DIFFICULT?

1. It’s difficult to confess our sins to God because we don’t want to _____
_____ for them.
2. It’s difficult to confess the truth to yourself because we usually
_____.
3. It’s difficult to confess our sins to another person because we usually like to
_____.

Proverbs 28:13

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.

WHAT DOES CONFESSION DO?

1. It brings _____.

Ephesians 4:25

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.

2. It releases the _____.

James 5:16

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

3. It demonstrates _____.

4. It is a tangible demonstration of God's _____.

Mark 1:5

The whole Judean countryside and all the people of Jerusalem went out to him. Confessing their sins, they were baptized by him in the Jordan River.

Galatians 6:1-2

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ.

TO WHOM SHOULD I CONFESS?

1. Choose a Christian who _____.

Psalm 1:1

Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.

2. Choose someone whom you detect will be _____.

3. Choose someone who is _____.

Proverbs 11:13

A gossip betrays a confidence, but a trustworthy man keeps a secret.