



CONFESSION

WHAT TO DO WHEN YOU SIN AS A CHRISTIAN

As you go through each lesson, look up the Bible verses and answer the questions in the blanks provided. When you are finished with this lesson you and your mentor will meet to discuss your answers and any questions you may have. This is not a pass/fail test, so answer honestly as you understand things. We want you to understand, not just to give the “right” answer.



Every believer has been given ETERNAL life. Yet, we still deal with a sin nature that trips us up and leads us back into sin. We do not lose our ETERNAL life when we sin, but fellowship with God is broken. Broken fellowship with God can be restored!

Read through **I John 1:8-10**.

THIS LESSON IS DESIGNED TO HELP YOU KNOW WHAT TO DO WHEN YOU FALL BACK INTO AN OLD HABIT (SIN) YOU WANT TO BEAT.

In lesson one, you learned that you can be sure you are saved and on your way to heaven.

- A. This assurance is based upon our new relationship to God.
- B. By receiving Jesus Christ into our heart and life we become sons of God. Read **John 1:12a**
- C. This relationship is a “birth” relationship which is called being “born again.” Read **John 3:3,6,7**
- D. This relationship is an everlasting, never-ending relationship. Read **John 3:16**

Note: *I can never be “unborn” spiritually any more than I can be “unborn” physically. I will always be God’s child.*

Discipleship Lesson #2: What to Do When You Sin - CONFESSION

E. No one has the power to break this relationship. (John 10:28)

However, fellowship *with* God within this relationship can be broken just as it can be in a mother-daughter, father-son or husband-wife relationship. Sin breaks our fellowship *with* God. Sin cannot sever our relationship *to* God.

Now that I am a child of God and know it for sure, I must learn what to do when I sin.

1. Do Christians sin? Read **I John 1:8,10**

2. How many Christians sin? Read **I John 1:8,10**

3. What four things are true of Christians who say that they do not sin?
Read **I John 1:8,10**

A. _____

B. _____

C. _____

D. _____

4. *Should* we sin? Read **I John 2:1**

Yes

No

Uncertain

5. What should I do about it when I sin? (I John 1:9)

Note: Confess does *not* mean to ask for forgiveness, or to beg and plead for forgiveness. It means agreement with God that my sins are wrong, and I tell him so. It means that I take God's side against my sin!

Discipleship Lesson #2: What to Do When You Sin - CONFESSION

How do I confess my sin?

1. Name the sin to God.
2. Declare it to be wrong.
3. Ask God to destroy it out of my life.
4. Ask God to help me not to do it again.

When I am on God's side against my sin, I am in fellowship with Him.

6. When should confession of sin be done?

7. How often should this be done?

8. How can I approach God about these matters? Read **Hebrews 4:16**

9. What two things will God do when I confess my sins to Him?

Read **I John 1:9**

A. _____

B. _____

10. Is this a promise? Read **I John 1:9**

Yes

No

Uncertain

11. What does the word "faithful" mean? Read **I John 1:9**

12. Can I really depend on this promise? Read **I John 1:9**

Yes

No

Uncertain

13. Can God lie? (Titus 1:2)

Discipleship Lesson #2: What to Do When You Sin - CONFESSION

14. What should I do if, after confessing my sins, I do not feel like I am forgiven? Read **I John 1:9; 3:19-21** (*check one*)

- believe my feelings (which can be very deceptive)
- believe God's promise

15. Am I forgiven ... (*check one*)

- because God promised, or
- because I feel like it

16. What cleanses me from sin and restores my fellowship with God?
Read **I John 1:7**

17. To what extent am I cleansed? Read **I John 1:7,9**

18. What kind of relationship do I have with God? Read **John 1:12; John 3:3,6,7**

19. How long will this relationship endure? (John 3:16)

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy. Proverbs 28:13

MEMORIZE THESE VERSES for Lesson Two

(pick the translation that works best for you)

Title to verses: CONFESSION OF SIN

1 John 1:9 (KJV) If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 John 1:9 (NASB) If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Hebrews 4:15-16 (KJV) For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. 16 Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

Hebrews 4:15-16 (NASB) For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. 16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.



ACCOUNTABILITY PAGE

My Name: _____

My Mentor's Name: _____

Date I completed Lesson Two: _____

My Mentor's Signature: _____

A Pastor's Signature: _____



HAMILTON SQUARE
BAPTIST CHURCH

Remember:

It's important to be at church whenever you are able, so you can continue to grow in the Lord!

SUNDAYS

9:45 am – Bible Study or Sunday School

10:50 am – Morning Worship Service

Lunch & Mingle

1:30 pm – Afternoon Church Service

WEDNESDAYS

7:00 pm – Midweek Bible Study & Prayer Meeting

DIGGING DEEPER



OPTIONAL: Extra information

Focus in on **I John 1:8 & 10**. (*You've seen this before – Drive it home!*)

Based upon these two verses, can we be certain that even Christians sin?

What four things are true about a Christian who says that he does NOT sin?

A.

B.

C.

D.

WHILE IT IS TRUE THAT CHRISTIANS SIN AFTER SALVATION; IT IS NOT OK TO SIN!

- In **I John 2:1a**, new Christians (little children in the faith) are given clear instructions regarding sin. What is that instruction?

-
- According to the second part of **I John 2:1(b)**, who is our advocate when we sin?
-

AN ADVOCATE IS LIKE A COMPASSIONATE LAWYER WHO COMES TO YOUR AID WHEN YOU HAVE TO STAND BEFORE A JUDGE. HE HELPS YOU BY ARGUING YOUR CASE. HE COMFORTS YOU AS YOU DO THE RIGHT THING TO MAKE THINGS RIGHT WITH THE JUDGE.

- The advocate of **I John 2:1** will not lie about the fact that you have sinned. But He does have a strong case, because He can argue that your sins have been taken care of. **I John 2:2**, it says that your advocate is also something else. What else is He besides your advocate?

PROPITIATION IS BIG WORD THAT WE SELDOM USE IN MODERN ENGLISH. IT MEANS THAT YOUR SIN IS “COVERED”. GOD THE JUDGE NO LONGER SEES YOUR GUILT, BECAUSE JESUS CHRIST PAID THE PRICE FOR YOUR SIN WHEN HE DIED ON THE CROSS. IN OTHER WORDS, YOUR ADVOCATE HAS YOUR GUILT COVERED. HE PAID THE PRICE OF YOUR SIN.

- Yet, there is something that you must do to appease the Judge when you sin. That is found in **I John 1:9**. What does that verse say that we must do when we sin?

LET’S BE CLEAR. IT’S NOT ENOUGH TO JUST “BE SORRY” OR TO SAY, “I’M SORRY.”

CONFESSION IS AN ACKNOWLEDGEMENT THAT WHAT YOU DID IS SIN. IT IS TO AGREE WITH THE JUDGE THAT YOU ARE WORTHY OF ANY PUNISHMENT HE SHOULD CHOOSE.

IT IS TO TAKE THE SAME SIDE AS THE JUDGE WHO IS HEARING YOUR CASE.

Discipleship Lesson #2: What to Do When You Sin - CONFESSION

- What two things does God promise to do for us when we confess our sins to Him? (see **I John 1:9**) (*You've seen this before – Drive it home!*)

A.

B.

**WE ARE
FORGIVEN**

0%
PERFECT
100% FORGIVEN

WHAT ABOUT OUR RELATIONSHIP WITH OTHER PEOPLE?

Because of God's grace, Christians have been forgiven and will always be forgiven when we confess our sins. So, what attitude should we have towards other people when they sin against us?

- According to **Matthew 18:21-22** what is to be our attitude towards other people who sin against us?
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- According to **Matthew 18:21-22** how often should we forgive those who sin against us?
-

Understand that if you are counting the number of times that you have forgiven someone, you really haven't come to the place where you have forgiven them in your heart.

- According to **Isaiah 43:25** and **Jeremiah 31:34b**, how often does God remember the sins He has forgiven?
-

- According to **Psalms 103:11-14**, how serious is God about forgiveness? Where has He put our sins?

Read **Matthew 18:23-35**. How do you think you should respond to others who have mistreated you, based upon the parable that Jesus told about the king and the servant he forgave?

Discipleship Lesson #2: What to Do When You Sin - CONFESSION

- According to **Matthew 5:21-26**, what should you do for others before asking God to forgive you for your sin?

To Whom Should We Confess Our Sins?

- Who do we offend when we sin? Who is perfect? So, who is sin committed against? (see **I John 1:5-6**)

- Therefore, to whom should we confess our sins? (see **I John 1:5-9**)

- When should we confess our sins? (see **I John 1:9**)

HOW DO WE CONFESS OUR SINS?

A. Name the specific sin you committed, using the same word God uses to describe it. (*For instance, call a LIE a LIE, not a “fib” or a “white lie”*)

B. Declare that sin to be wrong.

C. Ask God to destroy that sin from your life.

D. Ask God to help you not to do it again.

- Do we need to confess our sins to a priest or to a pastor? (see **I John 2:1-2** and **I Timothy 2:5-6**)

A **MEDIATOR** IS A THIRD PARTY THROUGH WHOM AGREEMENT IS REACHED BETWEEN TWO PARTIES THAT ARE PREVIOUSLY IN CONFLICT WITH EACH OTHER.

- **PARTY #1 IS GOD – THE ONE WHO IS OFFENDED BECAUSE OF OUR SIN.**
- **PARTY #2 IS US – THE ONES WHO ARE GUILTY BECAUSE OF OUR SIN.**
- **PARTY #3 IS JESUS CHRIST – OUR ADVOCATE, PROPITIATION, & MEDIATOR ON BEHALF OF OUR SIN.**

I JOHN 1:9 SAYS THAT GOD IS FAITHFUL AND JUST TO FORGIVE US OF OUR SINS WHEN WE CONFESS THEM TO HIM – EVERY TIME!

- What does the word “faithful” mean?

- What does the word “just” mean in?

YOU CAN BELIEVE GOD!

- Can God tell a lie? (see **Titus 1:2; Numbers 23:19; Hebrews 6:18**)

- What does God promise to everyone who believes in Him for salvation? (see **John 3:15-16 & 36; Romans 6:23; Titus 1:2; I John 2:25; I John 5:11-13**)

- What does eternal mean?

- What does everlasting mean?

Discipleship Lesson #2: What to Do When You Sin - CONFESSION

- Can something that is eternal or everlasting ever end?
-

- Once you are born, can you become unborn?
-

- Once you are born again, can you become unborn?
-

IT IS POSSIBLE TO DISAPPOINT GOD AND TO LOSE FELLOWSHIP WITH GOD, BECAUSE OF OUR SIN.

- Are you sure that God cannot lie? (see **Titus 1:2; Numbers 23:19; Hebrews 6:18**)
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- Does the Bible limit the number of times we can confess and forsake our sin? (see **I John 1:9**)
-

- If we are forgiven for our sins, does that mean that they are not a big deal? (see **I Corinthians 15:3, Hebrews 9:22**)
-

- What was the cost for our forgiveness and cleansing from sin? (see **I John 1:7b**)
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FORGIVENESS IS A FACT, NOT A FEELING

Discipleship Lesson #2: What to Do When You Sin - CONFESSION

- Sometimes in our hearts we don't feel forgiven. But, if God doesn't lie and if He says we are forgiven, are we indeed forgiven? (**I John 3:18-22**)
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- How many of our sins does God forgive us for when we confess them as sin? (**I John 1:7 & 9**)
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GRATEFULNESS IS IN ORDER

- According to **Hebrews 4:14-16**, does the Lord Jesus know what it is like to be tempted?
-

- According to **Hebrews 4:14-16**, how many times did the Lord Jesus fall into sin when He was tempted?
-

- Based on **Hebrews 4:14-16**, does the Lord Jesus understand what you are going through when you are tempted?
-

- How can what Jesus experienced encourage us when we are tempted?
-

- Where should we go for mercy and grace to help us when we are tempted? (**Hebrews 4:14-16**)
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- With what attitude should we go for mercy and grace to help us when we are tempted? (**Hebrews 4:14-16**)
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Discipleship Lesson #2: What to Do When You Sin - CONFESSION

- Based upon **Hebrews 4:14-16** do we have to agonize and beg God for help when we go through temptation?





HAMILTON SQUARE
BAPTIST CHURCH

THE DISCIPLESHIP TRAINING COURSE

Lesson Schedule

Lesson #1	What Happens When One is “Born Again?”	Salvation
Lesson #2	What to Do When You Fall	Confession of Sin
Lesson #3	What About Baptism?	Baptism
Lesson #4	How to Pray & Why Should I?	Prayer
Lesson #5	Bible Study: Making it Personal	Bible Study
Lesson #6	Obedience Brings Blessing	Obedience
Lesson #7	Church Membership Matters	Membership
Lesson #8	Tithes & Offerings: Bible Principles	Giving
Lesson #9	Overcoming Sexual Sin & Temptation	Victory
Lesson #10	Our Lord’s Commission	Witnessing
Lesson #11	Putting Anger & Bitterness to Rest	Bitterness
Lesson #12	Alcohol & Other Addictive Substances	Addictions
Lesson #13	Music and the Christian	Music
Lesson #14	Social Media, TV, Movies, The Internet & The Future	Media
Lesson # 15	Biblical Separation: The Dangers of Compromise	Separation
Lesson #16	Bloom Where You’re Planted! Staying in the City	City Ministry
Lesson #17	Happiness Forever: The Fruit of Faithfulness	Heaven

If you have questions, ask your mentor to help you.

If he or she can’t help you,
they will help you set up an appointment with a pastor at our church.

They are here to help you!