

Confession & Self-Examination

Confession & Self-Examination is a process whereby the Holy Spirit opens your heart to what is true about you. This is a way of opening yourself to God within the safety of his love so you can authentically seek transformation. Confession embraces Jesus' gift of forgiveness and restoration while setting us on the path to renewal and change.

Explore: To surrender weakness and faults to the forgiving love of Jesus Christ and intentionally desire and embrace practices that lead to transformation.

Scripture: ○ “Therefore confess your sins to each other and pray for each other so that you may be healed.” James 5:16

Includes: ○ Admitting to God the propensity to rationalize, deny, blame and self-obsess.
○ Replacing sinful habits with healthy ones & seeking God's grace & change.
○ Confessing sins by self examination in light of (1) the seven deadly sins, (2) the 10 Commandments, (3) prayer and confession found in the Book of Common Prayer or Scripture, (4) confessions made to others.

Fruits: ○ Being transformed into Christlikeness
○ Thinking of yourself with sober judgment, awareness of blind spots.
○ Having compassion toward others in their faults.
○ Seeing yourself as God's loved and forgiven child no matter what.

Methods for Confession & Self-Examination

- A. Imagine you are in a safe place, surrounded by the love of God.
 - a. Ask God to help you see yourself as he sees you.
 - b. Using the 10 Commandments as a guide, journal your sins.
 - c. Ask God to forgive you and help you change then burn your journal pages.
- B. Set aside time for confession and self-examination.
 - a. Ask, *Who have I injured recently through neglect, anger, thoughtlessness?*
 - b. As the Holy Spirit brings people to mind – confess and seek God's grace.
 - c. Write an apology, make a phone call, or confess in person.
- C. Ask someone in your family or a close friend to help you see your blind spots.
 - a. Ask questions like, what do I do that hurts you? How could I better love you? What is it like to be with me? Do I show interest in others?
 - b. Let their answers guide you in a time of confession.
- D. Turn to Psalm 32 or 51
 - a. Ask, *How does God meet you in these confessions of David?*

*Richard Foster, Celebration of Discipline
Calhoun, Spiritual Disciplines Handbook*

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