



**Grace Life Church**

*of Dallas*

The doctrines of grace, the life of the Spirit, to the glory of God

# **Confession of Sin**

## **1 John 1:9 and Psalm 51**

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# 1 John 1:5-7

*This is the message we have heard from him and proclaim to you, that God is light, and in him there is not darkness at all. If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. But if we walk in the light, as he is in the light, we have fellowship with one another and the blood of Jesus his Son cleanses us from all unrighteousness.*

# 1 John 1:8-10

*If we say we have no sin, we deceive ourselves, and the truth is not in us.*

*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

*If we say we have not sinned, we make him a liar, and his word is not in us.*

*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.*

**Confess:** together & speech (to speak the same, or say the same thing)

- In confessing our sins, we are saying the same thing as God says regarding our sin (Coming into agreement with God regarding our sin)
- Goal today is to get us to think Biblically about the confession of sin

**Who should be confessing sin?** 1 John 5:13 (Professing believers)

- 1:8 *if we say we have no sin, we deceive ourselves & the truth is not in us*
- Matthew 6:12, John 13:10
- Regular confession is the character of those *in the light* (v7)
- Confession is not begging God that He might forgive us (Confession is agreeing with God regarding our sin and coming to God because He will forgive us (already promised)).
- Confession is not a credit card to continue in sin (Rom 6:1)

# What leads us to confession of sin?

Remember, confession is agreeing with God regarding our sin (In confession, there has been a change regarding our understanding/view of sin)

- A lack of confession is due to a lack of sensitivity regarding sin

**Holy Spirit:** John 16:8 *And when he comes, he will convict the world concerning sin, righteousness and judgment* (Hebrews 12 discipline)

**The Body of Christ** Heb 3:13 *exhort one another daily as long as it is called “today”, that none of you may be hardened by the deceitfulness of sin*

**The Word (Scripture)** Romans 3:20 *through the law comes knowledge of sin* (Rom 7:7, James 4:7, 1 John 3:9-11)

- Revelation of God (holiness) Isaiah 6, Luke 5:8 (Personal holiness)

Knowing it is the Holy Spirit, the church and the Word of God that convict of us sin and lead us to confession, we need to recognize that conviction of sin is a grace of God

# Example of Biblical Confession-Psalm 51

**Right view of self** (v5, v17) In an of myself, nothing to offer/All I bring is a broken and contrite heart

- Spiritual bankruptcy (Matt 5:3)

**Acknowledgment of sin** (v3) Agreeing what we have done is sin

- Seriousness of sin (v4) *against you (God) and you only have I sinned*

**Ownership of sin** (v1b-4) Personal pronouns “*my, I, me*”

- Accepting full responsibility “*my transgressions, my iniquity, my sin*”
- If you are still blaming others or justifying bc of circumstance, you are not truly confessing (minimizing) (Gen 3-Adam & Eve)
- We cannot confess sin, we do not fully embrace the responsibility for

**Right view of God** (v1-2, 7) David does not come to God in confession on his own merit/performance but on the grounds of the mercy and grace of the gospel

- This is why the Holy Spirit convicts us (not to shame us and leave us in our sin but to rescue us out of it & back into intimate fellowship)
- God knows all of our sins already (cross) & He is still drawing you back
- Not coming back to God b/c you believe he won't accept you is sin (unbelief)

# Example of Biblical Confession-Psalm 51

**Right view of God:** (1 John 1:9 If we confess our sins, he is faithful and just to forgive our sins and cleanse us from all unrighteousness)

- To seek acceptance from God in confession of sin on any basis but his faithfulness, mercy and grace is gospel inconsistency
- Wrath and condemnation for the believers is gone so to live in it is unbelief
  - How can we discern if it is the Holy Spirit convicting us or the enemy condemning us?
- Praise God for his unrelenting pursuit of us in our sin (v8) Heb 12
- We cannot have victory and power over any sin we do not know and believe we are forgiven of (Seeking acceptance through victory over sin)

**Repentance** (v6, 10-12)-Genuine confession desires to turn from sin

- Even in genuine confession our repentance will not be perfect

**Leads to serving, loving and praying for others** (v18-19)

**If we are all confessing sin Biblically as a style of life, it will create gospel humility and promote a culture of grace**

- In a culture of grace, we don't have to put on a front (pretend)
- We will be encouraging each other to turn to God, knowing He is drawing us through conviction to rescue you in grace, mercy and love

# Confession of Sin

**Lack of confession of sin**

**Attempting to come on our own merit/performance**

**Not believing God will accept me (Unbelief)**

**Impurity of thoughts (allowing sinful thoughts to have a place in our hearts)**

**Grumbling and complaining (Not trusting the providence of God)**

**Not redeeming time**

**Not standing up for truth/gospel**

**Seeking the approval of man**

**Covetousness, which is idolatry**

**Lack of contentment in Christ**

**Justifying bitterness, anger and un-forgiveness in my heart**

**Selfishness**

**Laziness**

**Lack of Self-control**

**Gluttony**

**Not renewing your mind and guarding your mind**

**Not making prayer a priority**

**Not leading your family, loving my wife sacrificially**

**Not having a gentle and quiet spirit or submitting to your husband**

**Not honoring and/or obeying your mother and father**

**Not believing in God's faithfulness and justice to forgive me when I confess**



If we have truly confessed our sins and we are looking to Jesus Christ as our only hope, then we can say with full assurance:

*He (God) is faithful and just to forgive us and cleanse us from all unrighteousness.*

In this we can rejoice, and now sing praise to  
His name