



Cultivating a Thankful Heart

Proverbs 28:13-14

“Confession Brings
Freedom”

Whoever conceals his transgressions will
not prosper,
but he who confesses and forsakes
them will obtain mercy.

Blessed is the one who fears the LORD
always,
but whoever hardens his heart will
fall into calamity.

Proverbs 28:13-14

The Big Idea:

Confession brings Freedom!

(from shame, from guilt, from fear)

Confession builds thankfulness for God's grace, which in turn strengthens us to grow.

What is real confession?

Real confession is not coerced by others
or done as part of a checklist

What is real confession?

For when I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.

I acknowledged my sin to you,
and I did not cover my iniquity; I said, “I
will confess my transgressions to the
LORD,” and you forgave the iniquity of my
sin.

Psalm 32:3-6 ESV

What is real confession?

Real confession admits specific sins, and how evil they are in God's sight.

What is real confession?

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.

Psalms 51:3-4 ESV

What is real confession?

Real confession between people is more than “I’m sorry if I hurt you.”

The Seven A's of confession-

Address everyone involved

Admit what you did was sinful

Avoid using “if”, “but”, or “maybe”

Acknowledge the hurt you have caused

Accept the consequences of your actions

Ask for forgiveness and allow time

Alter your own behavior with God's help

The Power of Confession

As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us.

For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

2 Corinthians 7:9–10 ESV

The Power of Confession-

For the Christian, the power of confession is that it widens our view of God's grace-

The Power of Confession-

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.

1 John 1:8-9 ESV

The Power of Confession-

The power of confession is that it leads us to more grace, which gives us the strength to turn away from sin.

“Whoever conceals his transgressions will not prosper,

but he who confesses and forsakes them will obtain mercy.”

Proverbs 28:13 ESV