



Date 10/11/2020

Walk with Christ Series
Prayer: The Art of Confession
Psalm 51

The Art of Confession

1. Confess Your Sin to Yourself.

You can't confess to God what you can't confess to yourself.

*Have mercy on me, O God, According to your unfailing love;
according to your great compassion blot out my transgressions.*
Psalm 51:1,2

When confession goes through another human being, you
feel the guilt and *feel the acceptance*.

Art – Ask, “Why am I reluctant to confess my sin, even to myself?”

Art – Ask, “What other people are involved in helping me confess?”

- **Psalm 20:5**

2. Confess Your Sin to God.

Against you, and you only have I sinned and done what is evil in your sight...
Psalm 51:4

Psalm 51:6 - God wants truth in the inner parts.

1 John 2:1-2 – Jesus is your Advocate!

Advocate - Defense Attorney

Art – Ask, “*Why am I afraid to confess my sins to God?*”

Art – Get help – Confession to God is of utmost importance!!!

3. Confess Your Sin to Others.

Then I will teach transgressors your ways, and sinners will turn back to you.

Psalm 51:13

James 5:16 – *Confess your sins to each other...*

Art – Tell your testimony so your confession to points to God’s mercy!

Art – Is it edifying to the person? (Tip: *don’t use social media!*)

Results of Confession

David’s Confession ...

➔ **Restores David - Psalm 51:7**

➔ **Points Others to God - Psalm 51:13-15**

Art – Ask, “*How can my confession glorify God?*”

Lectio Divina

Psalm 1:1-2

1. Read passage aloud 2X. (*What word or phrase stands out ... or not?*)
2. Read the passage again. (*What’s the context of your life right now.*)
3. Read the passage one last time. (*How is God present or calling you?*)
4. Close with a prayer or blessing.