

# UNITED

## Confess to One Another

**Reading:** James 5:13-16, Proverbs 28:13, Psalm 32

**Reflection:**

*“As the Holy Spirit convicts us of sin and renews our mind, we must then name our sin as God does and accepts the truth that we have sinned. Confession means agreeing with God and telling the truth about who we are and what we have done. Confession includes naming our sin to Jesus and anyone else we have sinned against or is directly affected by our sin. James 5:16 teaches us it is best to confess the sin to faithful Christians who will pray for us and help us grow in holiness. We must do this without blaming anyone else for our sin, excusing it, minimizing it, or only partially confessing it. While conviction is a gift God gives to us, confession is our response, which then prepares us for a life of repentance, restitution, and reconciliation.”*

- Mark Driscoll, Gerry Breshear, *Vintage Church*

*“Dear Father, my sin is ever before me. I have desired control and that has only produced fear. I have desired power over others and that has only served to alienate them from me. I have desired my own comfort and that has only brought forth anger when my comfort was not achieved. I have sought the approval of others and have meticulously kept them from seeing my true self for fear of rejection. Idolatry plagues my heart! I am consumed with thoughts of self-aggrandizement, self-promotion and self-service.*

*In my deepest parts, I doubt that you are God and I want to rule myself. I cry out to you, Father. Only you can deliver me. Show me the cross. For without Jesus’ glorious robe of righteousness to cover my nakedness, I’ll die. Show me the love of my beautiful Saviour who gave up his glory and even his life that I might be delivered from idolatry. May the work of Jesus ever stir me towards radical, joyful obedience. May he be my reason for living and my eternal source of joy, hope, faith and love. Amen.”*

- Tim Keller, *a Prayer of Confession*

**Questions:**

1. What comes to mind when you think of “confession?” In what ways is your description in line with/unaligned too a biblical understanding of confession.
2. According to Psalm 32, what are the consequences of not confessing our sin? Do you believe these consequences to be true in our lives?
3. James 5:16 says to “confess your sins to one another.” Why does this rarely happen in Christian circles? What keeps us from this command?
4. Do you believe there is such thing as too much confession?
5. How can we cultivate a community where sin is often confessed to one another?