SESSION SIX: CONFESSION



Breaking Free
A JOURNEY TO FREEDOM

Lesson Overview

Video Time: 28:34

Topics Covered:

- The challenges and rewards of true confession.
- The cost of confession.

Reflection Questions:

- Why is confession essential for freedom?
- What fears and lies are holding you back from confessing fully?
- How does bringing sin into the light change your heart?
- Why can't freedom exist alongside secrecy?

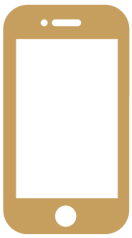
Inspiration:

1 John 1:9 • If we confess our sins, He is faithful and just to forgive us.
Proverbs 28:13 • Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Action Step:

Prayerfully complete the Confession Sheets. Identify who you need to confess to and take a concrete step toward bringing your sin into the light, trusting God with the results.

CONFESSING THINGS SEEN



Take time to honestly reflect on the sexually inappropriate things you have viewed, recording what you can remember. You do not need to include graphic details. Bring each matter before the Lord in prayer, confessing what you have willingly participated in or taken pleasure in and asking for His forgiveness. As you pray through each item, check it off, thanking God for His grace and mercy. Remember, confession brings sin into the light and is an important step toward repentance and freedom. You do not need to rush this process or revisit anything that feels overwhelming.

What You Saw	Details	Where You Saw It	Prayed Over
1.			
2.			
3.			
4.			
5.			
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11.			
12.			
13.			
14.			
15.			

Be careful little eyes what you see
It's the second glance that ties your hands
As darkness pulls the strings

Proverbs 23:26

My son, give me your heart, and let your eyes observe my ways.

CONFESSING THINGS SPOKEN

Write down the sexually inappropriate things you have said to others, including words or behaviors you may have repeated from pornography. Be honest and specific, recording each incident you can remember. Bring each one before the Lord in prayer, confessing your actions and asking for His forgiveness. As you pray through each item, check it off, thanking God for His grace and mercy. Remember that genuine repentance involves taking responsibility for your words and actions. Where appropriate, consider offering an apology or making restitution for the harm you may have caused.

What You Said	Where You Said It	Who You Said It To	Prayed Over
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3.			
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12.			
13.			
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15.			

Be careful little lips what you say
For empty words and promises
Lead broken hearts astray

1 Timothy 4:12b

Set an example in speech, in conduct, in love, in faith, in purity.

CONFESSING THINGS HAPPENED

Take time to reflect on any sexually inappropriate things others have done to you, including experiences from childhood. Write down only what you feel comfortable sharing, without feeling pressured to include details. Bring your pain before the Lord in prayer, asking for His healing, comfort, and mercy. Remember, what others did to you was not your fault, and you do not need to confess their sins as your own. Healing may involve establishing boundaries and seeking support. You are not obligated to confront anyone who has harmed you, and you may pause this exercise at any time.

What Another Person Did	Where They Did It	How It Effected You	Prayed Over
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2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

The journey from your mind to your hands
Is shorter than you're thinking
Be careful if you think you stand
You just might be sinking

Psalm 6:4

O Lord, deliver my life and save me for the sake
of your steadfast love.

CONFESSING THINGS DONE



Write down every sexually inappropriate action you can remember, whether toward yourself or others. Bring each one before the Lord in prayer, confessing your actions and asking for His forgiveness. As you pray through each item, check it off, thanking God for His grace and mercy. Remember that forgiveness does not remove earthly consequences. Take responsibility through appropriate apologies, restitution, and accountability. If your actions involved illegal activity, seek legal guidance and report it to the proper authorities.

What You Did	Where You Did It	Who You Did It To	Prayed Over
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2.			
3.			
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11.			
12.			
13.			
14.			
15.			

It's a slow fade

When you give yourself away

It's a slow fade

When black and white have turned to grey

Ephesians 4:32

Be kind to one another, tenderhearted, forgiving one another,

as God in Christ forgave you.

CONFESSING THINGS THOUGHT



Take time to reflect on the thoughts you have had while viewing pornography, both about yourself and others. Write down the thoughts you can remember, identifying those that do not align with God's truth. Bring each one before the Lord in prayer, asking Him to renew your mind, expose any lies you have believed, and help you take your thoughts captive in obedience to Christ. As you pray through each item, check it off, thanking God for His forgiveness and mercy and asking Him to shape your thinking according to His Word.

What You Thought	Is it Truth?	Is it a Lie?	Prayed Over
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11.			
12.			
13.			
14.			
15.			

People never crumble in a day
The journey from your mind to your hands
Is shorter than you're thinking





2 Corinthians 10:5a

We... take every thought captive to obey Christ.

CONFESSING THINGS HEARD



Take time to write down the thoughts you have had about yourself while viewing pornography and afterward. Identify any messages of shame, self-hatred, or condemnation that have taken root in your mind. Remember that conviction leads us toward repentance, but shame does not define your identity in Christ. Bring each thought before the Lord in prayer, asking Him to expose lies, renew your mind, and help you see yourself through the truth of His Word. As you pray through each item, check it off, rejecting the lies and thanking God for His love, grace, and forgiveness.

What You Heard	Is it Truth From God?	Is It a Lie From Satan?	Prayed Over
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			

When black and white have turned to grey
And thoughts invade, choices made
A price will be paid
When you give yourself away

John 8:44b

He (Satan) does not stand in the truth, because there is no truth in him....
for he is a liar.

CONFESSING LIES BELIEVED



Take time to write down the beliefs you have developed about yourself while viewing pornography and afterward. Identify any lies you may believe, such as "No one will love me" or "God will never forgive me." Sin can distort how we see ourselves, God, and others. Once Christ sets us free, we must learn to replace those lies with His truth. Find a Scripture that speaks against each lie and pray through it specifically. As you address each one, check it off, rejecting the lies and thanking God for His love, grace, and truth.

What You Heard	Is it Truth From God?	Scripture Verse	Prayed Over
1.			
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11.			
12.			
13.			
14.			
15.			



Be careful little ears what you hear
When flattery leads to compromise
The end is always near



John 8:32

And you will know the truth, and the truth will set you free.