

**“And the man and his wife
were both naked and were not
ashamed or embarrassed.”**

Genesis 2:25 AMP

Church: A People of Refreshing and Restoration

**Imagine living life with complete
openness; being unashamed and
fully vulnerable; confident in God's
faithful, merciful, loving presence;
and trusting one another.**

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**What we have in common is the fear
of rejection and a desire to be
understood and accepted.**

**The former is about fear,
and the latter is about love.**

**The reality is that our lives are filled
with moments of love and fear,
experienced both privately and
publicly.**

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**We long to be fully known, but hide
because of negative judgments and
rejection.**

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**The days when I was most afraid
turned out to be my days of deepest
growth as I chose courage and
vulnerability over fear and rejection.**

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What made it my most afraid days?

Confession of sin (vulnerability)

Knowledge of God (responsibility)

Church:

A People of the Spirit

Church:

A People of Kingdom Purpose

Church:

A People of
Refreshing and Restoration

As followers of Jesus, we always have access to renewal and refreshing through repentance, returning to God, and receiving forgiveness for our sins.

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“Repent, then and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, and that he may send the Christ, who has been appointed for you — even Jesus.”

Acts 3:19–20 NIV

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Repentance, returning to God, and receiving remission of sins is necessary for experiencing His refreshing presence.

**While God's love remains constant,
spiritual refreshment isn't
automatic.**

“Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective.”

James 5:16 NRSV

Confessing sins to another person is not for achieving salvation but for attaining healing.

**We long to be fully known, but hide
because of negative judgments and
rejection.**

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**Confession is a radical and
revolutionary act against sin,
devilish powers, and individualistic
Christianity.**

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**Hell sells us this lie and we
buy it in bulk -**

**“Our relationship with God is
private and it has no impact
on others.”**

What is confession?

“To say the same (as God).”

How do I confess?

With Another

Honestly — Humbly — Wisely

Consistently — Preemptively

Why confess?

*Sin kills — Refreshing — Humility
Healing — Intimate Connection*

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To whom do I confess?

Inward - to yourself

Upward - to God

Outward - to another

How do I respond when someone confesses to me?

Listen — Love them — Be gentle —

Practice confidentiality

Remind them of their Beloved identity

Pray for them — Encourage repentance

What can I expect?

A restful soul.

A grace-empowered life.

Holy living (freedom over sin).

Joyful, grace-based relationships.

Declare over the confessor:

“Because of King Jesus’ death on the cross and His resurrection, you are forgiven and free from sin. The blood of Christ cleanses you.”

**Refreshing is needed until
restoration is established.**

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Take Action

- 1. Forgive those who have wounded you.**
- 2. Ask a trusted Christian friend to join you in the ministry of confession.**

Take Action

3. Schedule your confession and be brave.
4. To help you get started, use some or all of the “**Nine Questions**” suggested by Pastor Lance.

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