

A large, mature tree with a thick trunk and a full canopy of green leaves stands in the center of a landscape. The sun is low on the horizon, creating a bright glow behind the tree and casting long shadows. The ground is rocky and uneven, with the tree's roots exposed and spreading out across the foreground. In the background, there are rolling hills and mountains under a sky with scattered clouds. The text "SPIRITUAL DISCIPLINES" is overlaid in large, white, bold, sans-serif capital letters across the middle of the image, with the tree's trunk passing through the word "L".

SPIRITUAL DISCIPLINES

1 JOHN 1:5-10

⁵ This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶ If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. ⁸ If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰ If we say we have not sinned, we make him a liar, and his word is not in us.

1 JOHN 2:1-2

¹ My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. ² He is the propitiation for our sins, and not for ours only but also for the sins of the whole world.

A large, leafy tree stands in the center of the frame, its trunk and branches silhouetted against a bright, hazy sunset sky. The tree's roots are depicted as glowing, ethereal white lines that spread out across the ground, which appears to be a vast, misty landscape. The overall atmosphere is serene and spiritual, with the sun's light creating a soft glow around the tree's canopy.

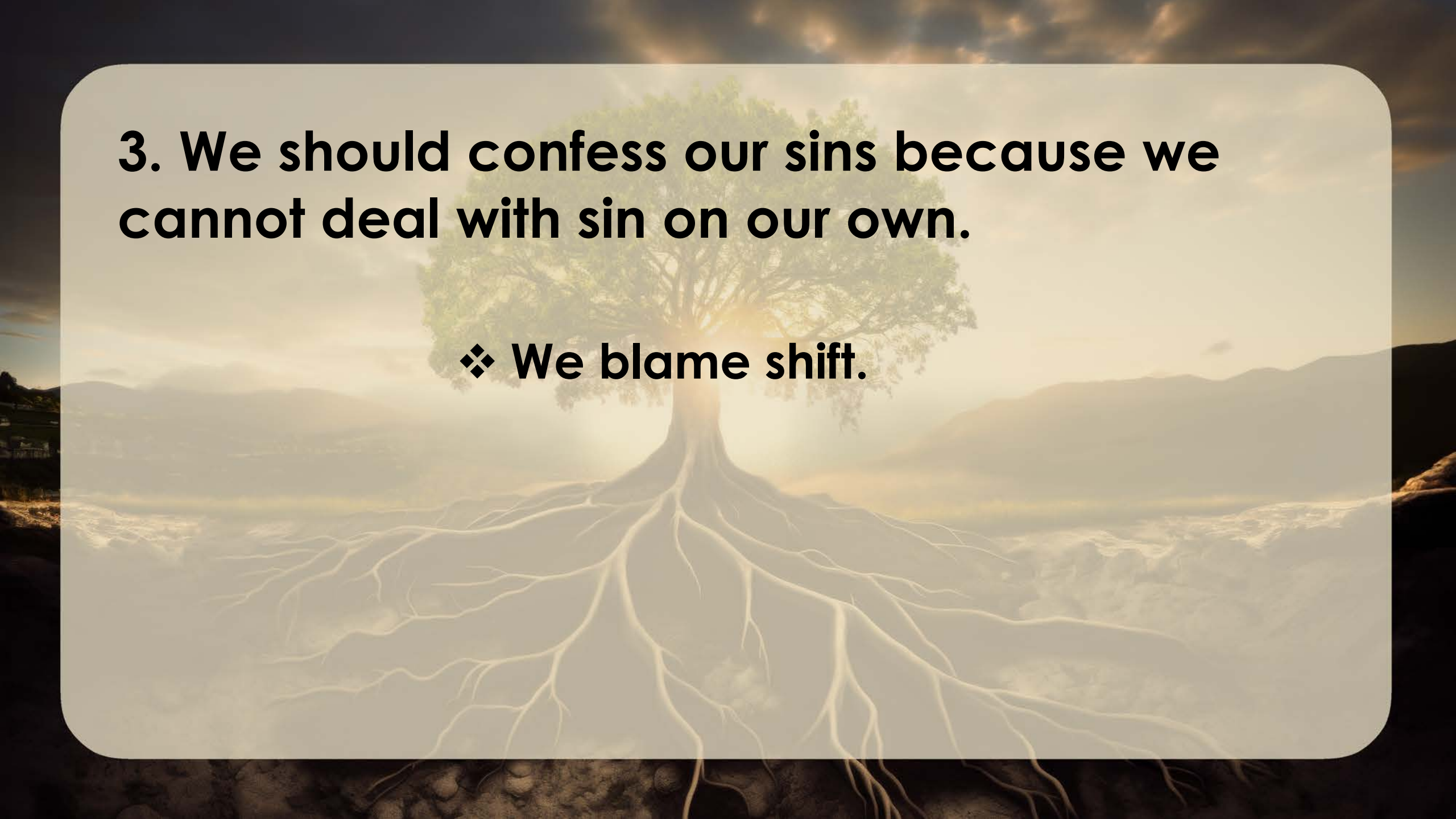
1. We should confess because God is light.

A large, leafy tree stands in the center of the frame, its trunk and branches silhouetted against a bright, hazy sunset sky. The tree's roots are exposed and spread out across the ground in the foreground, creating a complex, web-like pattern. The background shows a landscape with rolling hills and a body of water, all bathed in the warm, golden light of the setting sun. The overall mood is serene and contemplative.

2. We should confess because sin disrupts our fellowship with God.

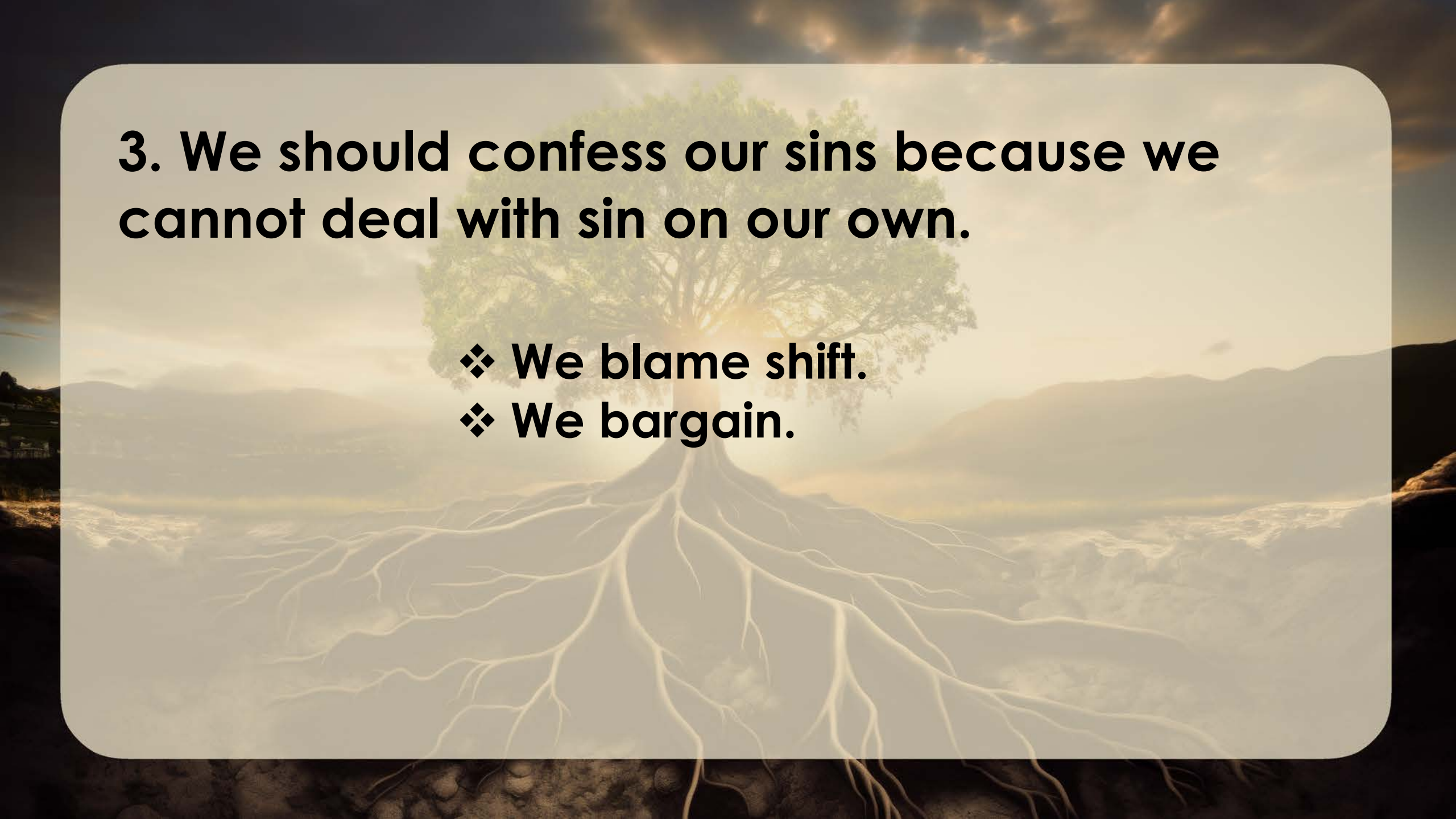
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3. We should confess our sins because we cannot deal with sin on our own.

A large, ancient tree with a thick trunk and a wide canopy of green leaves stands in the center. Its roots are exposed and spread out across a rocky, uneven ground. The background shows a hazy, mountainous landscape under a soft, golden light, suggesting a sunrise or sunset. The entire scene is overlaid with a semi-transparent white rounded rectangle containing text.

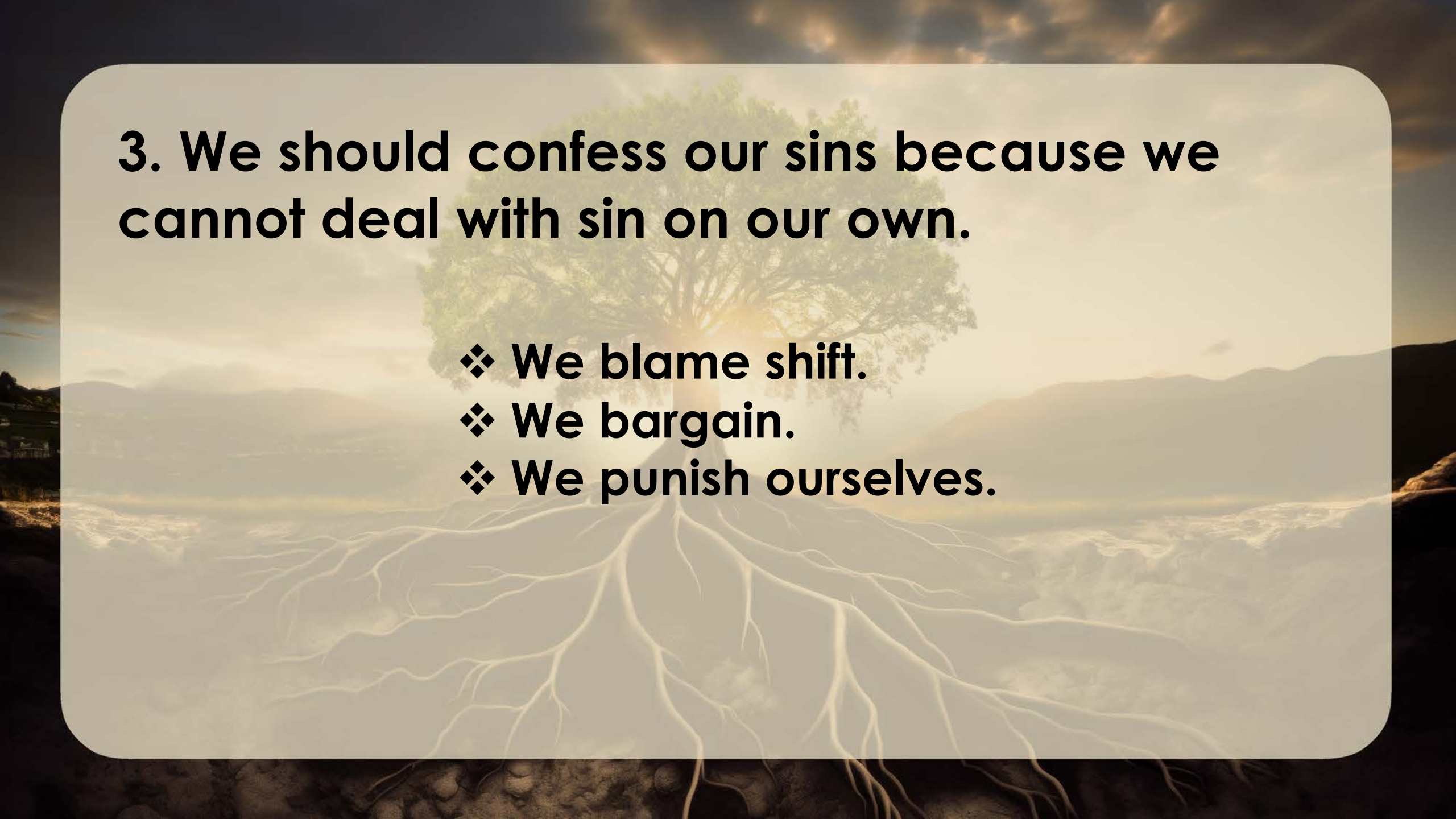
3. We should confess our sins because we cannot deal with sin on our own.

❖ We blame shift.

A large tree with visible roots is centered in the background. The roots are white and spread out across the ground. The tree's canopy is green and dense. The background is a sunset or sunrise over a landscape with mountains and a body of water. The sky is filled with soft, golden light and some clouds. The overall scene is serene and contemplative.

3. We should confess our sins because we cannot deal with sin on our own.

- ❖ **We blame shift.**
- ❖ **We bargain.**



3. We should confess our sins because we cannot deal with sin on our own.

- ❖ **We blame shift.**
- ❖ **We bargain.**
- ❖ **We punish ourselves.**

A large, leafy tree stands in the center of the frame, its trunk and branches silhouetted against a bright, hazy sunset sky. The tree's roots are exposed and spread out across the foreground, appearing as a network of white lines against the darker ground. The background shows a landscape with rolling hills and a cloudy sky, with the sun low on the horizon, creating a warm, golden glow. The entire scene is overlaid on a semi-transparent white rounded rectangle.

4. We should confess because God has made a way for our sins to be forgiven.

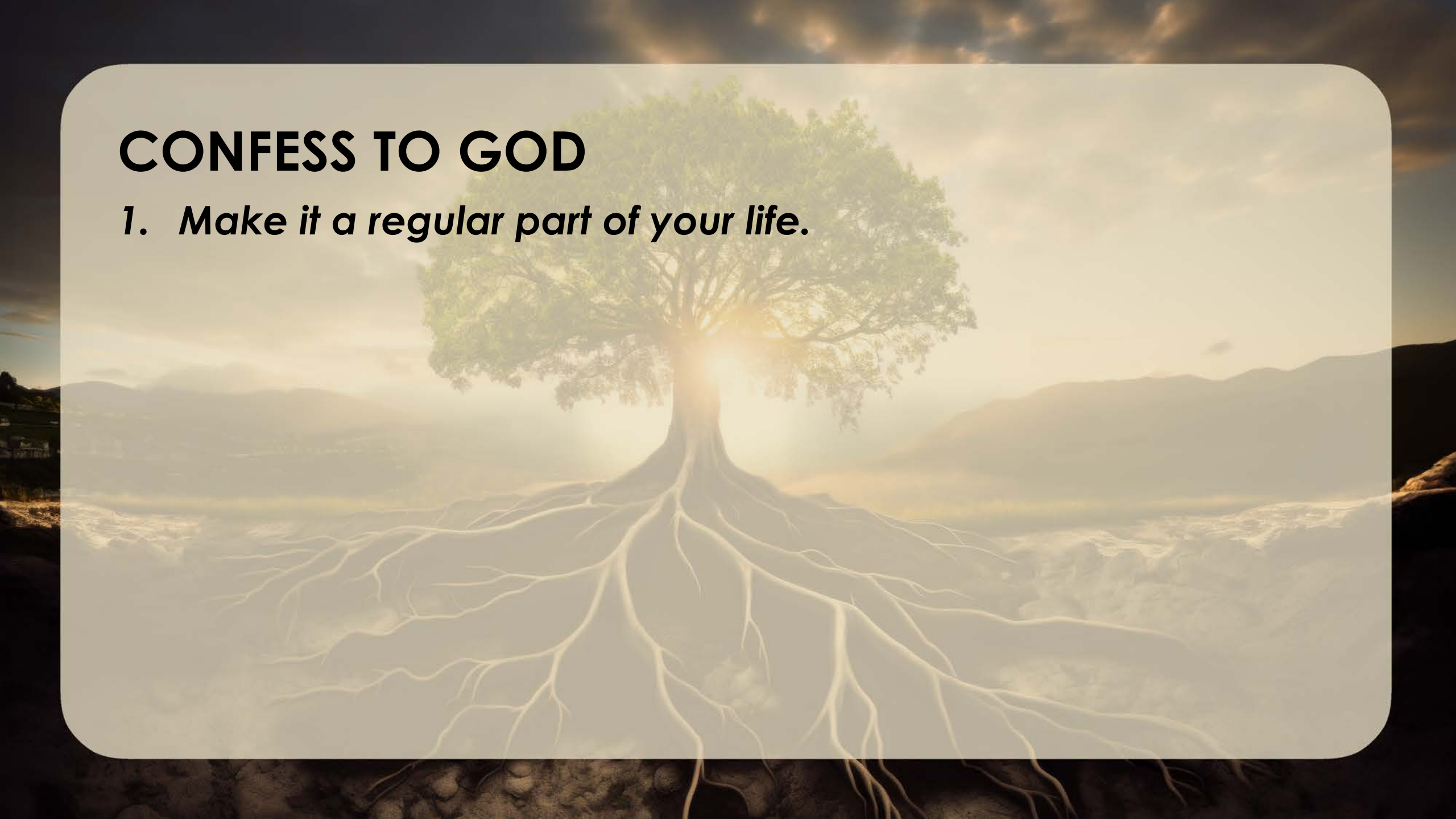
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“For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.”

2 Corinthians 5:21

CONFESS TO GOD

1. *Make it a regular part of your life.*



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“And he said to them, “When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us. And lead us not into temptation.”

Luke 11:2-4

CONFESS TO GOD

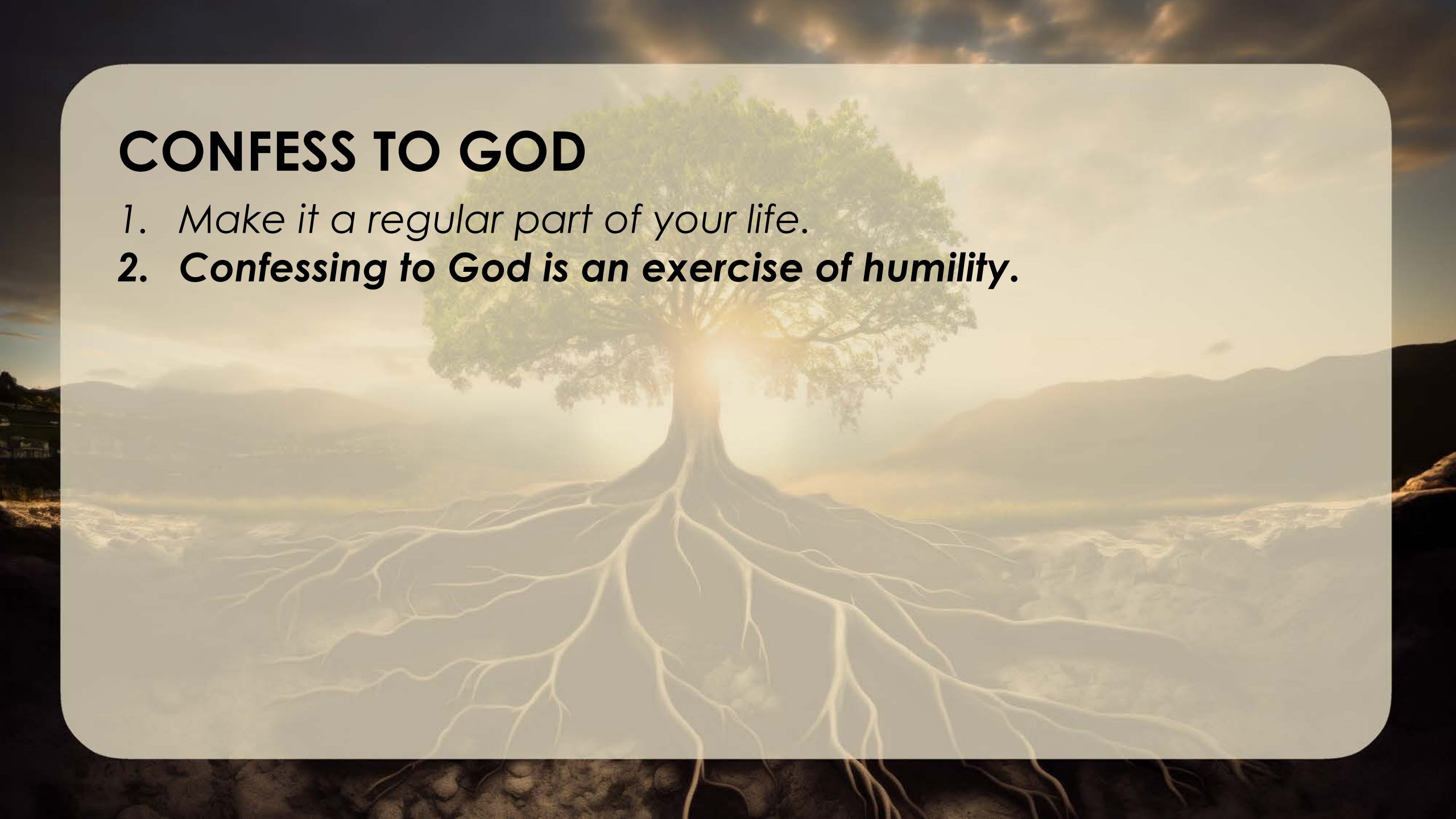
1. Make it a regular part of your life.

“But if we walk in the light, as he is in the light, we have fellowship with one another and the blood of Jesus his Son cleanses us from all sin.”

1 John 1:7

CONFESS TO GOD

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⁶He came to Simon Peter, who said to him, “Lord, do you wash my feet?” ⁷Jesus answered him, “What I am doing you do not understand now, but afterward you will understand.” ⁸Peter said to him, “You shall never wash my feet.” Jesus answered him, “If I do not wash you, you have no share with me.” ⁹Simon Peter said to him, “Lord, not my feet only but also my hands and my head!” ¹⁰Jesus said to him, “the one who has bathed does now need to wash, except for his feet, but is completely clean.

John 13:6-10a

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³³ Who shall bring any charge against God's elect? It is God who justifies. ³⁴ Who is to condemn? Christ Jesus is the one who died—more than that, who was raised—who is at the right hand of God, who indeed is interceding for us.”

Romans 8:33-34

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4. **When confessing to the Lord, be specific about what happened.**

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5. **Join confession with repentant action.**

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“You brood of vipers! Who warned you to flee from the wrath to come? Bear fruit in keeping with repentance.”

Matthew 3:7-8

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4. *When confessing to the Lord, be specific about what happened.*
5. *Join confession with repentant action.*
6. **Confession is worship.**

CONFESS TO OTHER CHRISTIANS

1. Walking in the light is a community project.

⁵ For there is one God, and there is one mediator between God and men, the man Christ Jesus, ⁶ who gave himself as a ransom for all...

1 Timothy 2:5-6

CONFESS TO OTHER CHRISTIANS

1. *Walking in the light is a community project.*

⁸ for at one time you were darkness, but now you are light in the Lord. Walk as children of light ⁹ (for the fruit of light is found in all that is good and right and true)...”

Ephesians 5:8-9

CONFESS TO OTHER CHRISTIANS

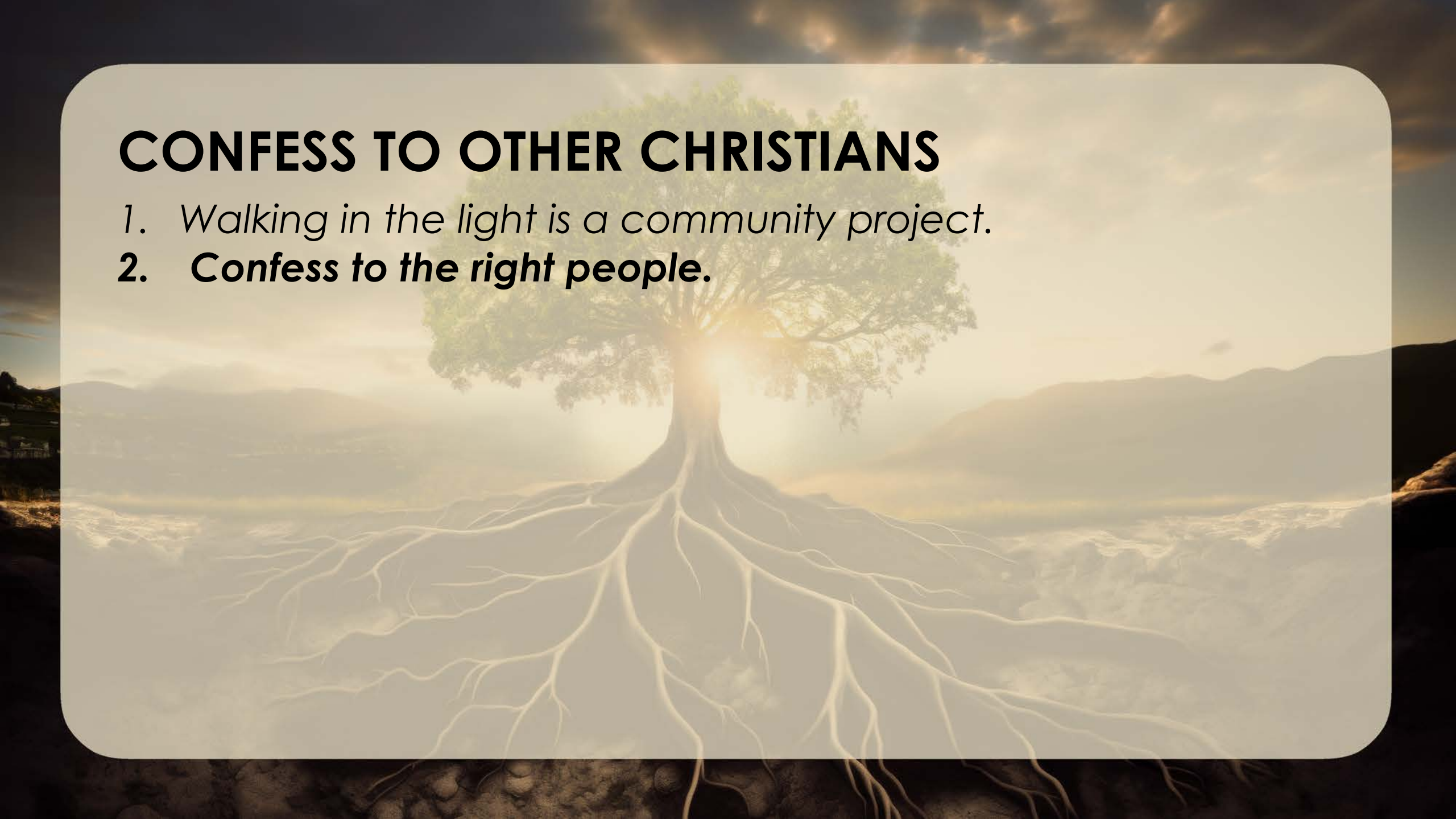
1. *Walking in the light is a community project.*

“Christian community will not be marked by secretiveness or cloaking ourselves or our motives so that people don’t know who we really are. We won’t be hypocrites. We won’t try to look on the outside what we are not on the inside.”

– John Piper

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²³ So if you are offering your gift at the altar and there remember that your brother has something against you, ²⁴ leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.

Matthew 5:23-24

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“Therefore, confess your sins to one another and pray for one another, that you may be healed.”

James 5:16

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 - ❖ **Pray for them.**
 - ❖ **Expect there will be more.**

CONFESS TO OTHER CHRISTIANS

- ¹ Blessed is the one whose transgression is forgiven,
whose sin is covered.**
- ² Blessed is the man against whom the Lord counts
no iniquity,
and in whose spirit there is no deceit.**

Psalm 32:1-2

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