

Victoria Fellowship Church
International & Interdenominational
Bible Study Worksheet – November 29, 2020

Theme: Spiritual Discipline for Christian Growth Topic: Spiritual Discipline: Confession and Repentance

Main Text: 1 John 1:1-9; Psalm 51: 1-12

Key verse: 1 John 1:9. *“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* (NKJV)

INTRODUCTION: At the moment of salvation, we repent and confess our sins and ask Jesus Christ to come into our lives and be our Lord and personal savior. At that moment, God’s word assures us that we have eternal life and will not come into condemnation (John 5:24); that we have become members of God’s family (John 1:12); that **ALL** our iniquities are forgiven (Psalm 103:3) and that nothing can separate us thence from God’s love (Romans 8:38-39). Yet, Apostle John’s letter to believers says *“If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”* (1 John 1:8-9). Meaning that confession and repentance do not stop at the point of salvation. So, we are enjoined to confess and repent each time we find ourselves committing sin.

1. (a) According to John 3:19-21; 1 John 1:5-8, what are some reasons for our continual need for confession and repentance? (b) What, if any, is the possible implication of not confessing our sins to God? See also Psalm 51:1.

Confession means agreeing with God that what we did was wrong. According to Vine’s Expository Dictionary, Confession, as used in 1 John 1:9 is to admit oneself guilty of what one is accused of because of inward conviction by the Holy Spirit. King David says, *“For I acknowledge my transgressions...”* (Psalm 51:3). We confess and repent because God wants us to be in continual, intimate relationship with Him. Though nothing can separate us from God’s love (Romans 8:38-39), refusing to admit sin when we sin, will damage our relationship with God just like refusal to admit we are wrong damages our human relationships. Without regular confession and repentance, we will not enjoy the full benefits of our standing as children of God. That is why we are told to confess our sins to God, and it must be done properly. To not confess is indicative of self-righteousness (1 John 1:8).

2. (a) In Psalm 51:2-3 David defined his wrong-doing with three different words. What are these words and how does a proper definition of our actions help in true confession? (b) What else can we learn from David about confession from Psalm 51:4-6?

True confession goes beyond “Whoops! I messed up!” to admitting I have sinned against God Himself, and His holy standard. Repentance on its part, is a heartfelt sorrow for sin followed by a sincere commitment to forsake it and walk in obedience to Christ. It’s not merely feeling remorse or guilt but changing direction. To repent is to turn around and go the opposite direction. It is to stop doing what you should not be doing and start doing what God wants you to do. When one has truly repented, the result is a changed life. Confession and repentance go hand in hand. And true repentance is more than, “I’ll try not to do it again.” No wonder David did not make any promises of good behavior. Rather he prayed for God’s help *‘purify me... wash me... create in me a clean heart...make me willing to obey You’* (psalm 51:7,10, 12b NLT)

3. (a) What is the difference between remorse and repentance? (b) Read Psalm 51:7-12 and Philippians 2:12-13. What do these passages teach us about true repentance? (c) What are some of the benefits to the believer of regularly confessing and repenting of his sins?

Prayer: *Father, help us to always confess and repent from our sins so that it will not disturb our relationship with you, In Jesus Name, Amen.*