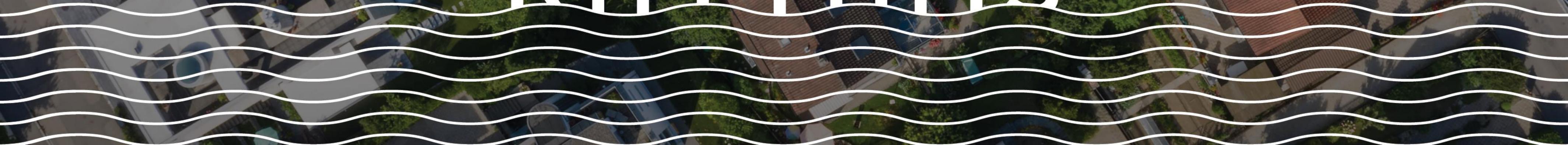


SPIRITUAL FORMATION | PRAYER + MEDITATION | FASTING | SIMPLICITY | WORD | **CONFESSION** | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | SABBATH | SERVICE

RHYTHMS



Spiritual Formation

The **Spirit** of God is forming the **people** of God
more & more into the **Son** of God's likeness.





TEACHER | DOUG RAINES

CONFESSION

Psalm 32:1-5 ESV

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. ³ For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah ⁵ I acknowledged my sin to you, and I did not cover my iniquity; I said, **“I will confess my transgressions to the LORD,”** and you forgave the iniquity of my sin. Selah



Sin Described

Psalm 32:1-2 ^{ESV}

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.



Sin Described
Sin Concealed

Psalm 32: 3-4 ESV

For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.



Sin Described
Sin Concealed

Physical: bones wasted away, (Ps. 51- bones broken), strength dried up, sleeplessness

Mental/Emotional: sadness, depression, anxiety, fear, loneliness

Spiritual (Ps. 51:7-12): uncleanness, wrong spirit, broken relationship with God, lost joy



Sin Described

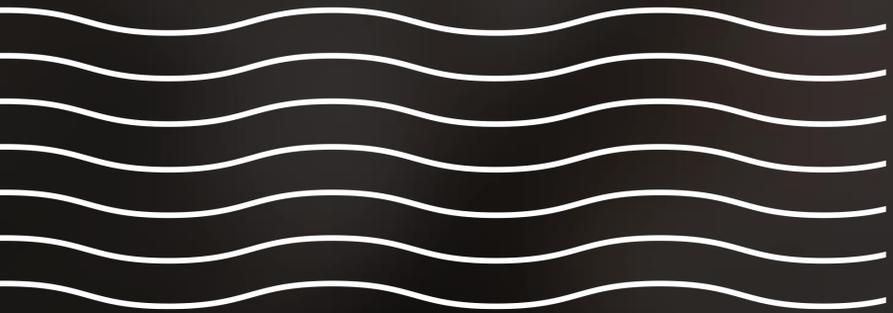
Sin Concealed

Sin Confessed

Psalm 32:5 ESV

I acknowledged my sin to you, and I did not cover my iniquity; I said, **“I will confess my transgressions to the LORD,”** and you forgave the iniquity of my sin. Selah





Confess:

To acknowledge or admit our sin

To agree with God about our sin



Sin Described
Sin Concealed
Sin Confessed



- 1. Admit your sin to God.**
- 2. Agree with God about your sin.**



Sin Described
Sin Concealed
Sin Confessed
Sin Forgiven



Confession of sin without the assurance of pardon leads to being stuck in guilt and shame.



Sin Described
Sin Concealed
Sin Confessed
Sin Forgiven

Psalm 32: 1-2, 5 ^{ESV}

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.

⁵ I acknowledged my sin to you, and I did not cover my iniquity; I said, **"I will confess my transgressions to the LORD,"** and you forgave the iniquity of my sin. Selah



Sin Described
Sin Concealed
Sin Confessed
Sin Forgiven



Forgiven: taken away – We don't carry it anymore

Covered: removed from sight – God doesn't see it anymore

Not counted: God doesn't hold it against us anymore



Practicing a **Rhythm of Confession**

- **Daily** – End of day examination
- **Weekly** – Pray through passage of Scripture
(Ps. 51, Sermon on the Mount, 10 Commandments)
- **In Community**
- **Deeper Work** – Inventory
- **Corporate Worship/Communion**

