

## HOW TO HEAR AND MAKE A CONFESSION

### When you're making a confession:

1. **Confess to another person whom you respect.**
  - a. A mentor: their character should produce a natural remorse over your sin. You'll sense the dissonance between your sin and their presence. Foster: choose someone with "spiritual maturity, wisdom, compassion, good common sense, an ability to keep confidence, and a wholesome sense of humor."
  - b. A peer: confess to a peer who would sharpen your character. The best environment for peer confession is a consistent relationship where both parties feel safe enough to be vulnerable.
2. **Don't wing it. Prepare ahead of time:**
  - a. Spend time in confession to the Lord first; open your soul to the gaze of God.
  - b. Tools for self-examination: 10 Commandments, X-Ray questions, lists of sins/commands in Gal 5:16-24 or Eph 4:24-5:20, or this question:
    - What do I not want anyone to know about me?
3. **Be vulnerable, even when this is embarrassing.**
  - a. Don't mitigate your sin with an indirect metaphor ("I've been struggling lately; I've fallen/messed up") or half-truths.
  - b. If you had 3 bullets in your leg, you wouldn't only tell the medic about 2 of them. Full healing depends on a fully honest confession.

### When you're hearing a confession:

1. **Rigorously maintain a bearing of humility.**
  - a. This is a precautionary measure against sin (Gal 6:2). Jumbo-tron rule
  - b. Hearing confession as a means of feeling superior is toxic. Your role is to minister the presence and forgiveness of the Lord to them.
2. **Listen to their confession.**
  - a. Don't confess *for* them; at best, draw it out of them if it's especially difficult.
  - b. *Listen* for the lies. Try to understand how the person is distorting reality in their thinking. One of the art forms of Resurrection Talk is tailoring your words to address the lies people have internalized after they sin.
3. **Intercede for them on the spot, and in doing so, encourage them to confess directly to the Lord.**
  - a. Ask for permission to lay hands on them as you pray.
4. **Proclaim God's forgiveness.**
  - a. Different ways to speak the Gospel:
    - 1) This sin is not the most important thing about you. The most profound thing about you is your status as God's son or daughter.
    - 2) This is a true saying, and worthy of all men to be received, that Christ Jesus came into the world to save sinners. (1 Timothy 1:15)
    - 3) If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness (1 John 1:9)
    - 4) If any man sin, we have an Advocate with the Father, Jesus Christ the righteous; and he is the perfect offering for our sins, and not for ours only, but for the sins of the whole world. (1 John 2:1-2)

#### Take note:

- It may be appropriate to draft a plan for active repentance.
- Everything spoken is **confidential**, unless they are going to harm themselves or someone else. Their confession must not be a topic of conversation offline between you and another person.