Lesson 2A  Confessing our Sins

John the Baptist called upon the people to confess their sins. In this lesson, we will consider the importance of confession in our Christian life. When we sin frequently, each sin is like a weight put on this tray...

Re-read Matthew 3:1-6.

1. What did the people do as they were baptized by John the Baptist? Read Matthew 3:6.
   They __________________ their ____________.

2. Some people are not sure to whom they should confess their sins. Should they confess to a priest, a neighbor or to God? Read Psalm 51:1-4.
   David committed adultery with his neighbor’s wife. To cover up this sin, he caused the death of her husband. Afterward he wrote this great Psalm of repentance and anguish.
   a) To whom is David speaking in verse 1?
   ____________________________
   b) Against whom had he sinned in verse 4.
   ____________________________

3. All confession should be made to God, because all sin is against God. In which Psalm did we read about David’s confession of sin to God?
   Psalm ____________.

Answers

1. confessed/sins  2. a) God  b) God  3. Psalm 51
4. We should confess all our sins to God, because all sin is against Him and forgiveness comes only from Him. However, many times our faults and failings harm other people as well as being sin against God.

According to the drawing, if a Christian lies to his neighbor, he should confess:

- a. Only to God.
- b. Only to his neighbor.
- c. To neither of the two.
- d. To both.

5. Read Matthew 5:23,24. In these verses Jesus teaches us that we ought to be reconciled with our brother:

- a. before we come to God.
- b. after we come to God.
- c. at some time in the future.

6. In other words, if your sin has had anything to do with another person, you must confess to both _________ and the person you’ve ________________.

7. To sum up:

a) We must always confess to God, because all ____ is against ____.

b) We must sometimes confess to another person also. When?

8. But there is something else we must do if our attitude to sin has really changed. If we have in any way harmed another person, as well as confessing to him or her, we must also make restitution.

To make restitution means to return things to how they were before the harm was done.

For example, if I have stolen money from my neighbor, I must return at least the amount that I stole. Which of the following verses speak of making restitution?

- b. Leviticus 6:4,5.
- d. 1 Samuel 12:3.

**Answers**

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<td>7.</td>
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<td>When we have harmed them (similar)</td>
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<td>8.</td>
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9. Confession of sin is the first result of true repentance. Now we see a second result; if we have harmed someone, we must make r______________. In other words, we must put things right so that our relationship is the same as it was before the harm was done.

10. Read Luke 19:8-9 again. Who approved of what Zacchaeus did about the money he had stolen?

11. Which of these pictures shows:
   a) ___ sin?  
   b) ___ putting things right?  
   c) ___ confession?

12. What is restitution?

13. Check examples of how to put things right after harming someone:
   a. An employer who gives special benefits to workers whom he had exploited in the past.
   b. A workman who decides to put in extra hours without charge, to make up for time he had wasted on the job.
   c. An employee who returns stationery that he had been pilfering at the office.
   d. A father who gives his child a birthday present.
   e. A woman who does everything she can to speak about somebody’s good points, to make up for speaking unjustly about her in the past.

Answers

9. restitution  
10. Jesus  
11. a) 1  
     b) 3  
     c) 2
12. To return things to how they were before the harm was done
13. a. b. c. e.
Lesson 2A  Confessing our Sins

14. Was this a genuine confession? What is still lacking?

15. Let’s review.
   a) To whom should we always confess our sins?
   b) When should we confess our sins to another person?
      When we have h______________ them.

16. 1 John 1:9 says: If we confess our sins to God, he will forgive us our sins.
    What does God promise to do if we confess our sins to Him?

Answers

14. Pay for repairs (Restitution)  16. To forgive us our sins
15. a) God
    b) harmed
17. God, who is the source of all forgiveness, forgives us because of Jesus’ sacrifice on the cross. Which of the following verses show that we can be forgiven through the sacrifice of Jesus?
   □ b. Ephesians 1:7.
   □ c. 1 Peter 2:24.

18. God never changes. He is always ready to forgive. However, we can only receive the benefit of that forgiveness when we have:
   □ a. confessed to God.
   □ b. hidden our sins from God.
   □ c. denied that we are sinners.

19. Knowing that our sins have been forgiven is very important to us. Read Psalm 32:3-5, written by David - keep your Bible open at this Psalm. Here we see that there is great danger in not confessing our sins.
   a) In which two verses does David say that he feels worn out and weak, day and night? __________ and ________.
   b) In which verse do we read that David confesses his sin and is forgiven? __________________________

20. What did David feel while his sin was unconfessed?
   □ a. Worn out, dry and ill.
   □ b. Full of life.
   □ c. Strong and healthy.

21. Not admitting his sin brought sickness and spiritual dryness to David, but when he a) ____________________ to God he received the b) _______________________ of his sins and a feeling of well-being.

22. The person who has confessed his sins to God is forgiven by Him and feels better in his spirit, and even in his body.
   In Psalm 32:1-4, which verses tell us of the happiness or blessedness when sins are confessed and forgiven?
   __________________________

Answers

17. a. b. c. 20. a. 21. a) confessed 22. Verses 1 and 2
18. a. 21. b) forgiveness
19. a) Verses 3 and 4  
   b) Verse 5
23. Which of the sketches could represent a man:

a) who has confessed his sin?

b) who hasn’t confessed his sin?

24. Name two Psalms in which David confesses his sins to God.

Psalm ______ and Psalm _______.

25. There are certain kinds of sickness which are caused by a guilty conscience. The weight of unconfessed sin bears down upon our minds and bodies until one begins to feel as David did. In these kinds of illnesses relief can only be found by getting rid of the guilt.

A guilty conscience can only be relieved through ______________ of _______.

26. Jealousy, envy, coveting and resentment are only a few of the sins which can harm the mind and affect the physical well-being of a person.

What is the only way to deal with these sins?

27. So that unconfessed sins don’t mount up, it is essential to keep short accounts with God. Which is better:

a. To pay for the things we buy every time we go to the store?

b. To run up an account which we find difficult to pay at the end of the month?

28. When we run up long accounts with God, the moment arises when we spoil the fellowship we have with other Christians as well as with God. What are the results of keeping long accounts with God?

a. The joy and happiness of sins forgiven.

b. Avoiding other Christians.

c. Not enjoying fellowship with God.

d. The relief of being at peace with God.

e. A barrier between you and God.

f. A barrier between you and other Christians.

Answers

23. a) B  24. Psalms 32 and 51  
   b) A  25. confession/sin  


28. b. c. e. f.
29. Which of the following verses tells of the benefit of keeping short accounts with God:

   a. Matthew 5:1
   b. Matthew 5:25
   c. Ephesians 4:26

30. Which sketch shows:
   a) _____ long accounts?       b) _____ short accounts?

   ![Sketch A] Lord I'm sorry.
   ![Sketch B] I'm so tired, I'll pray another day.

31. a) Does the man with the tray, on the Title Page of this Lesson 2A, keep long or short accounts with God? ________________________________
   b) What does keeping “long accounts” with God mean? ________________________________
   c) What harmful effects can this have on us? ________________________________

32. On the other hand, what are the results of confession?
   a. Spiritual, and sometimes physical, well-being.
   b. Spiritual and sometimes physical illness.
   c. Restored fellowship with God.
   d. Restored fellowship with other Christians.
   e. A barrier between you and God.
   f. Barriers between Christian people.

33. a) However, not all illnesses are caused by sin. Therefore confession of sin results in physical well-being:

   □ always          □ sometimes          □ never

   b) On the other hand, genuine confession of sin, by faith, leads to spiritual well-being:

   □ always          □ sometimes          □ never

**Answers**

29. b. c.  31. c) A conscience worried by guilt; broken fellowship with God and other Christians; sometimes even physical sickness as well as spiritual dryness (similar)
30. a) B  32. a. c. d.
   b) A  33. a) sometimes  b) always
34. What are these three the results of?
   - Spiritual and sometimes physical health.
   - Fellowship with God.
   - Fellowship with other Christians.

   ____________________________ our ____________.

35. I hope you can now understand why the people had to confess their sins before they were baptized by John the Baptist.
   a) To whom should we always confess our sins?
   ______________________________
   b) Why?
   ______________________________
   c) When should we confess our sins to another person?
   ______________________________
   d) What else should we do?
   ______________________________

36. What are the three results of confessing our sins and knowing we are forgiven?

______________________________

In the next lesson, we will see how to use the Bible as a pattern for confessing our sins.

**Answers**

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<th>Answer</th>
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<tr>
<td>34. Confessing/sins</td>
<td>b) Because all sin is against God</td>
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<td>35. a) God</td>
<td>c) When we have harmed them</td>
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<td></td>
<td>d) Put things right (restitution)</td>
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<td>36. Spiritual and sometimes physical health / Fellowship with God / Fellowship with other Christians (any order)</td>
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