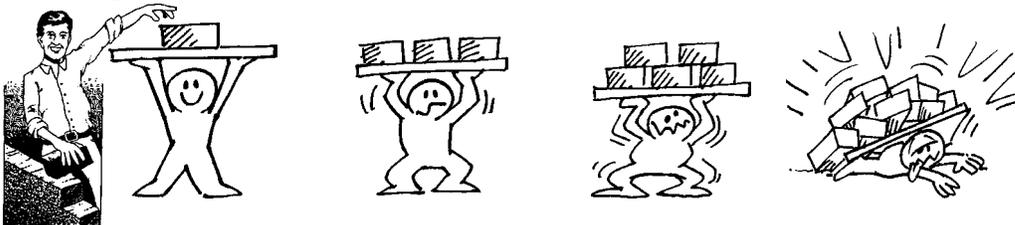


# Lesson 2A

# 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...*



IT'S THE SAME WITH SINS WE DON'T CONFESS.  
WHAT DOES IT MEAN TO KEEP SHORT ACCOUNTS WITH GOD?

### 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



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?

1. ONE NIGHT	2. NEXT MORNING	3. SHORTLY...
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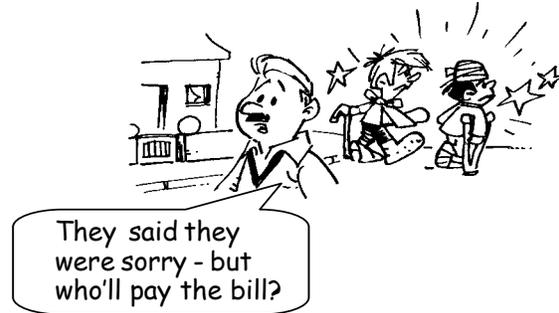
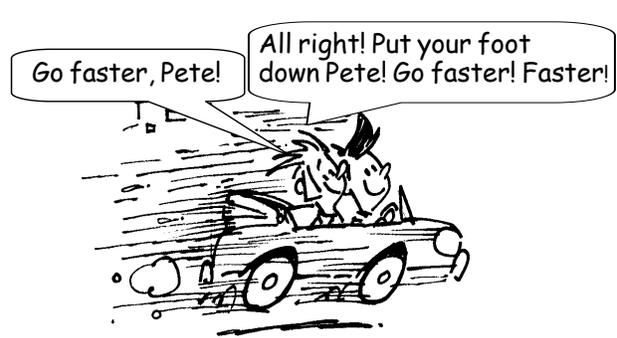
12. What is restitution? \_\_\_\_\_
13. Check examples of how to put things right after harming someone:
- a. An employer who gives special benefits to workers whom he had exploited in the past.
  - b. A workman who decides to put in extra hours without charge, to make up for time he had wasted on the 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.



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

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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.

*Pray of a few moments, asking the Holy Spirit to show you where you need to put things right. Maybe there is someone you have harmed at home, at work, in your neighborhood or local government. Make a note of how you could make good the damage and ask God for the humility and strength to do it. Then destroy the paper.*



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?

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## Answers

- 14. Pay for repairs (Restitution)
- 15. a) God
- b) harmed
- 16. To forgive us our sins

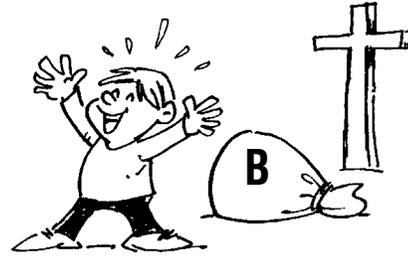
17. God, who is the source of all forgiveness, forgives us because of Jesus' sacrifice on the cross. Which of the following verses show that we can be forgiven through the sacrifice of Jesus?
- a. Matthew 26:28.
- b. Ephesians 1:7.
- c. 1 Peter 2:24.
18. God never changes. He is always ready to forgive. 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

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- |                       |                  |                    |
|-----------------------|------------------|--------------------|
| 17. a. b. c.          | 20. a.           | 22. Verses 1 and 2 |
| 18. a.                | 21. a) confessed |                    |
| 19. a) Verses 3 and 4 | b) forgiveness   |                    |
| 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  
 b) A

24. Psalms 32 and 51  
 25. confession/sin

26. Confession  
 27. a.  
 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?



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 | 32. a. c. d.     |
| 30. a) B               | guilt; broken fellowship with  | 33. a) sometimes |
| b) A                   | God and other Christians;      | b) always        |
| 31. a) Long            | sometimes even physical        |                  |
| b) Not confessing sins | sickness as well as spiritual  |                  |
| immediately            | dryness (similar)              |                  |

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

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