



Walking in the Gift of Confession

With Susan Shepherd, USA Country Coordinator
of Moms in Prayer International

To view the accompanying video, go to
MomsInPrayer.org/Gift-of-Confession-Bible-Study/

Group Discussion Question: Give some examples of how confession can be thought of as a lavish gift.

1. Scripture tells us God is holy, perfect, pure, sinless, right, fair, just, faithful, good and always loving in everything He is, says and does. He alone is God and there is no other. Read the verses below and note reasons why His standards are what we should use when viewing sin.

Deuteronomy 32:4

Isaiah 6:5

1 Peter 1:15-16

Psalm 145:13

2. In the video, Susan mentions **“agreeing with God that this is sin...no excuses.”** The Gallup Poll measures and tracks the public's attitudes concerning political, social, and economic issues, including sensitive or controversial subjects. Gallup has taken a poll over the past 20 years with over 1,000 Americans from all 50 states on 21 ethical issues. Participants are asked whether they consider these issues to be morally acceptable or morally wrong. It probably comes as no surprise that this poll continues to trend more and more toward moral acceptability each year. For example, what if a Christian engaged couple lives together because of convenience or finances. The rational is that because they're getting married soon it's okay to do. As Christians, we are called to view sin according to God's standards and not according to the moral climate around us.

Write down ways you compare yourself to others or to society's standards instead of following how God's Word commands us to live.

3. The dictionary defines **agree** as “having the same opinion about something; to concur.” **Confess** comes from the Greek word *homologeō*, which means “to say the same thing.” In **1 John 1:9**, when John says, “If we confess our sins”, he is saying, “If we say the same thing about our sin that God says about it.” Once we agree with God about the presence of sin, we can agree with Him about the need for its removal and, ultimately, walk in victory over that sin.

Write down **1 John 1:9** and personalize it with your name.

4. The original **New Testament** was written in **Greek**. It was the language of scholars during the years of the composition of the New Testament from 50 to 100 AD. They did not, however, use high-class or classical Greek, but a common and everyday form of the language.

Below are several words in the original Greek for sin, each one having a slightly different meaning. Review the list and circle the one that surprises you the most.

Greek word	Used	Definition	Example
Hamartia	174x	To miss the mark	1 John 3:4
Paraptoma	23x	To go off the path or diverge from the truth	Matthew 6:15
Anomia	15x	Lawlessness or willfully breaking God’s written rules	Matthew 13:41
Parabasis	7x	To intentionally cross a line	Romans 2:23
Parakoe	3x	To refuse to hear and heed God’s word or disobedience	Romans 5:19
Agnoeema	1x	A sin committed through ignorance or thoughtlessness	Hebrews 9:7

5. In the video, Susan mentions “**admitting my sin, telling God what my sin is, naming it.**” How do you think naming your specific sin changes the way you view confession versus a generic statement, “God, forgive my sins?” Choose one of the scriptures below and write down a specific personalized confession based on it.

Ephesians 4:29

Philippians 2:14-16

Exodus 20:7

6. **Psalm 32** is titled, “A Psalm of David. A Contemplation.” In this Maskil (literary or song), David beautifully captures the blessedness and joy of forgiveness. This was Saint Augustine’s favorite psalm. Augustine had it inscribed on the wall next to his bed before he died, in order to meditate on it. Read the psalm slowly out loud, adding your own name and meditate on it. Then underline all the words David uses for sin and forgiveness.

*Blessed is the one
whose transgressions are forgiven,
whose sins are covered.*

*Blessed is the one
whose sin the Lord does not count against them
and in whose spirit is no deceit.*

*When I kept silent,
my bones wasted away
through my groaning all day long.*

*For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.*

*Then I acknowledged my sin to you
and did not cover up my iniquity.*

*I said, “I will confess
my transgressions to the Lord.”*

*And you forgave
the guilt of my sin.*

Psalm 32:1-5



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