



## 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/](https://MomsinPrayer.org/Gift-of-Confession-Bible-Study/)

**Group Discussion Questions:** Do you view confession as a ritual you tend to dread or a vital important part of our relationship with God?

1. Daily confession is going beyond our prayer of salvation in which God has taken our sins and removed them from us “as far as the east is from the west” (Psalm 103:12). It is having an ongoing honest and intimate fellowship with God.

*“if a son does something wrong to his father—falling short of his expectations or rules—the son has hindered his fellowship with his father. He remains the son of his father, but the relationship suffers. Their fellowship will be hindered until the son admits to his father that he has done wrong. It works the same way with God; our fellowship with Him is hindered.” -From Gotquestions.org*

Is daily confession a new concept for you? How would admitting your wrongdoing to God change and even improve your relationship with him?

2. In the video Susan mentions a “deeper **identification** and **understanding** of how we sin **every single day** so that we can **quickly agree with God** about it and be **set free daily**”.

Moms in Prayer Founder Fern Nichols puts it like this “Now, that doesn’t mean at night you lie in bed thinking back through if you sinned. It means that in the split second when the Holy Spirit convicts you of sin, you confess it. Agree with God that what you did or said was wrong, admit that you sinned.”

Who does Jesus tell us in **John 16:7-8** will help reveal our sins to us?

3. Recognizing if there is a root cause to your sin is an important part of confession.

*I think of it like this, I don't go to my garden and just pull off the flowering head of the weed and say ok got that one, that's just a symptom that there is a weed. When I weed my garden I need to go to the root.*

*There are symptoms of my sin and then there are the roots of my sin. For example, at times when I am feeling anxious, fearful and worried I know that is a symptom so while I want to confess my worriedness I also want to go deeper and pull the root out to recognize I am not trusting God and am trying to control something that is not mine to control. Or at times when I get angry and have a self-rightness attitude and my words are unkind toward my children I need to confess to the Lord and I need to confess to them but I want to get to the root and that root in my case is pride.*

– Excerpt from the Moms in Prayer –Training Channel Podcast, Episode 3 – Confession

Give some examples of symptoms of sin and their root cause?

4. In the video Susan also walks us through Psalm 51 which conveys David's anguish after being confronted about his sin with Bathsheba. Now let's look at the initial moments of the story. In **2 Samuel 11:2-3a** it says *"One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, and David sent someone to find out about her."* Take note in these initial moments David's sin starts as a thought and those thought leads him on the road to sin when he turn them to an action.

Read the verses below and write down the ways sin can start within you.

**James 1:14-15**

**Mark 7:21-22**

5. Psalm 51 also reveals to us that David does not stop once he confessed. Susan points out how David **“calls on God to help him turn and go a different way. David repented and changed his mind. He asks for renewal and restoration.”** His repentance is preceded by conviction and confession, it has been said, Remorse is sorry for being caught. Repentance is being sorry enough to stop.

When we repent, we no longer desire or run after the sin that we have held on to. In the New Testament the word used for repent (metanoeo) is essentially the same for repentance (metanoia) except one is a noun and one is a verb. A person needs to repent (metanoeo) and then they show repentance (metanoia).

What are some ways to show repentance?

6. Use the cross at the end of today’s study materials and go to a quiet spot where you will be undisturbed and take the next 15 minutes going through the steps below.
  1. **Silently and by yourself, pray** Psalm 139:23-24: *“Search me, God and know my heart; test me and know my anxious thought. See if there is any offensive way in me and lead me in the way everlasting.”* Ask God to Reveal sin in your life, past or present. Humble yourself and take time to hear the Holy Spirit.
  2. **Write your sins on the cross** as the Holy Spirit reveals them to you.
  3. **Confess and repent** each one.
  4. Write **Forgiven** across the paper in large letters.
  5. **Ask to be filled with the Holy Spirit.**
  6. **Thank your Father that He has forgiven you** because of Christ’s death on the cross. By thanking the Lord, you are by faith believing His Word that your sins are forgiven.
  7. **Tear up your paper** into tiny bit and throw away. They are GONE!!



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