



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: Which of the people in the Bible surprises you the most on how God took them from sin to using them for His glory?

1. The Bible paints beautiful word pictures as it reveals to us the fullness of the forgiveness of our sins. Look up the verses below and write down what they look like.

Psalm 103:12

Isaiah 44:22

Micah 7:19

2. Most of us have found ourselves repeatedly confessing the same sin to God and wondering, 'Why can't I overcome this? It may be something like pride, envy, anger or unwholesome talk, and you feel trapped. Paul experienced the same thing in **Romans 7:15** "For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate." As Christians, we are being sanctified by God throughout our lives.

"Sanctification is the cooperative work of God and Christians (Phil. 2:12–13) by which ongoing transformation into greater Christlikeness occurs. Such maturing transpires particularly through the Holy Spirit (2 Cor. 3: 18; Gal. 5: 16– 23) and the Word of God (John 17: 17). Sanctification is not about perfection, but persistence. Fighting sin is a lifelong endeavor." -Professor Coleman Ford, SWBTS

What is the sin, or types of sin, you find yourself repeatedly confessing?

How has God helped you in this area? Do you recognize it more quickly as sin? Is it something you do less than you did a few years ago?

3. In the video, Susan states, “**Forgiveness involves the removal of guilt that results from sin**”. Initially, guilty feelings are useful when they drive us to confession and repentance. But, we don’t want to get stuck there in a sense of false guilt. You are forgiven, yet you still *feel* guilty and unable to forgive yourself.

*“In hanging on to guilty feelings after we have been forgiven, we are being prideful. Humility gratefully accepts a pardon it can never earn and lives to demonstrate that gratefulness. Pride says, “God may forgive me, but **my standard is higher than God’s**. What Jesus did on the cross may be sufficient to cover other sins, but not mine. **I must help Jesus pay for this sin by punishing myself. I will continue to carry my shame until I decide I have paid for it.**” In clinging to false guilt, we insult the sacrifice of Christ by implying that His death on the cross was not powerful enough to cover every sin. **False guilt can keep us from growing into the mature Christians God wants us to be.**”* -From GotQuestions.org

Satan wants us to linger here so we can’t move forward in the freedom God is calling us to. Confessing this as ‘unbelief’ and thanking Jesus for covering this particular sin helps us recognize that we are truly forgiven our returns are focus to the payment Christ made for us.

Do you have false guilt or shame about a confessed sin? Are you believing the lie that the sin was so great that Christ’s death couldn’t cover this sin?

Take a few minutes and write down an apology to God for not believing you were totally forgiven for this specific sin. Release the guilt you were never meant to carry and then thank God for the complete and total forgiveness of your sin.

4. Look up **Romans 8:1** and write it out below.

5. **Galatians 5:1** tells us *“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.”* God’s will is for us to enjoy the freedom we have in Him. It is uncompromising, unrelenting, indomitable freedom. For this Christ died, rose and set us free.

How has walking in the freedom of forgiveness drawn you closer to God and empowered you to walk forward in victory?



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