



THE PRAYER PUZZLE





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**Pray with
Confession**



Christianity is the only religion in the world which takes sin seriously and offers a satisfactory remedy for it. And the way to enjoy this remedy is not to deny the disease, but to confess it.

~ **John Stott**

**Confession is
good for the soul**

~ Scottish Proverb



6 ways *confession* is *good for the soul*

1. Confession is a *recognition of reality* (Ps 51; Rom 7; 1 Jn 1:8-10) – **Page 489**

- a) Two realities: Saints & Sinners (Position & Condition)
- b) We are called to confess (e.g. The Lord's Prayer)
- c) **We're given examples to follow:**
 - **David** (Ps 51; 32)
 - **Ezra & Israelites** (Ex 9:5-10:1)
 - **Nehemiah & Israelites** (Neh 1:4-11; 9:1-37))
 - **Daniel** (Dan 9:1-19)
 - **Manasseh** (2 Chr 33:10-13)
 - **The Prodigal Son** (Lk 15:21)
 - **The Tax Collector** (Lk 18:9-14)



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- a) Two realities: Saints & Sinners (Position & Condition)
- b) We are called to confess (e.g. The Lord's Prayer)
- c) We're given examples to follow
- d) Results in humility

“There can be no mental or spiritual health without honesty.”

~ John Stott



6 ways *confession* is *good for the soul*

- 1. Confession is a recognition of reality**
(Ps 51; Rom 7; 1 Jn 1:8-10)
- 2. Confession is a reminder of God's mercy**
(Ps 51; Eph 1:7)
 - a) Forgiveness is offered through Christ
 - b) Forgiveness is accessed through confession



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- 3. Confession removes the pain of guilt**
(Ps 32:1-5)
- 4. Confession replaces shame with dignity**
(Ps 32:1-5; Pro 28:13)





Whoever conceals their sins does not prosper,
but the one who confesses and renounces them
finds mercy.

~ Proverbs 28:13

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- 5. Confession restores intimacy with God**
(1 Jn 1:8-9)
- 6. Confession *readies your heart to forgive***
(Mt 6:12; 18:21-35)



Big Idea

**Regularly confess
your sins to God
and He will
soothe your soul**

How?



4 principles for confession

- 1. Contrition, not attrition**
- 2. Life-change, not lip-service**
- 3. Now, not later**
- 4. Specific, not general**

Application

**Morning or evening,
reflect on the day and pray**

