

SPIRITUAL FORMATION | PRAYER + MEDITATION | FASTING | SIMPLICITY | WORD | **CONFESSION** | SOLITUDE + SILENCE | WORSHIP + CELEBRATION | SABBATH | SERVICE

RHYTHMS

Spiritual Formation

The **Spirit** of God is forming the **people** of God
more & more into the **Son** of God's likeness.





TEACHER | DOUG RAINES

CONFESSION

Psalm 32:1-5 ^{ESV}

Blessed is the one whose transgression is forgiven, whose sin is covered. ² Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit. ³ For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. Selah ⁵ I acknowledged my sin to you, and I did not cover my iniquity; I said, “**I will confess my transgressions to the LORD,**” and you forgave the iniquity of my sin. Selah



Sin Described

Psalm 32:1-2 ^{ESV}

Blessed is the one whose **transgression** is forgiven, whose **sin** is covered. ² Blessed is the man against whom the LORD counts no **iniquity**, and in whose spirit there is no deceit.



Sin Described
Sin Concealed

Psalms 32: 3-4 ESV

For when I kept silent, my bones wasted away through my groaning all day long. ⁴ For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer.



Sin Described

Sin Concealed

Physical: bones wasted away, (Ps. 51- bones broken), strength dried up, sleeplessness

Mental/Emotional: sadness, depression, anxiety, fear, loneliness

Spiritual (Ps. 51:7-12): uncleanness, wrong spirit, broken relationship with God, lost joy



Sin Described
Sin Concealed
Sin Confessed

Psalm 32:5 ^{ESV}

I acknowledged my sin to you, and I did not cover my iniquity; I said, “**I will confess my transgressions to the LORD,**” and you forgave the iniquity of my sin. Selah






Confess:

To acknowledge or admit our sin

To agree with God about our sin



Sin Described
Sin Concealed
Sin Confessed

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- 1. Admit your sin to God.**
 - 2. Agree with God about your sin.**



Sin Described
Sin Concealed
Sin Confessed
Sin Forgiven



**Confession of sin without the assurance of
pardon leads to being stuck in guilt and
shame.**

Sin Described
Sin Concealed
Sin Confessed
Sin Forgiven

Psalm 32: 1-2, 5 ^{ESV}

Blessed is the one whose transgression is **forgiven**, whose sin is **covered**. ² Blessed is the man against whom the Lord **counts no iniquity**, and in whose spirit there is no deceit.

⁵ I acknowledged my sin to you, and I did not cover my iniquity; I said, “**I will confess my transgressions to the LORD,**” and **you forgave the iniquity of my sin**. Selah



Sin Described
Sin Concealed
Sin Confessed
Sin Forgiven

Forgiven: taken away – We don't carry it anymore
Covered: removed from sight – God doesn't see it anymore
Not counted: God doesn't hold it against us anymore





Practicing a **Rhythm of Confession**

- **Daily** – End of day examination
- **Weekly** – Pray through passage of Scripture
(Ps. 51, Sermon on the Mount, 10 Commandments)
- **In Community**
- **Deeper Work** – Inventory
- **Corporate Worship/Communion**

