

A WEEK OF PRAYER: CONFESSION OF SINS

IN CONFESSION, WE REFLECT ON OUR BROKENNESS and how it affects those around us. This month we are praying using the ACTS acrostic: Adoration, Confession, Thanksgiving and Supplication. Our focus this week is on confession of sins, acknowledging where we have gone astray from following Jesus.

01

Begin with acknowledging that God knows you inside and out. Nothing you confess is a surprise to him: "You have searched me, LORD, and you know me" (Psalm 139:1). Remember God's great love for you this week.

03

Examine your words. Have you spoken harshly to anyone? Have you lied or stretched the truth to make yourself look better? Have you gossiped about someone in your circle? Talk with God about this.

05

Consider how you have shown God's love to the poor, the stranger or someone who is outside your typical community. If you notice resistance in your heart toward them, confess this to God and ask for his help to love your neighbors.

07

If confession has not been a regular habit for you, consider how you could continue. In addition to daily prayer, you could journal about this or even find a trusted person to practice confession with, as stated in James 5:16.

02

Examine your thoughts and emotions. Have you been dwelling on fear or anger? Have you been doubting God's care for you? Have you been distracted in your time with God? Talk with God about these things.

04

Examine your actions. Have you done something you shouldn't have? Have you left something undone that you should have done? Talk with God about what happened.

06

Praise God that he has forgiven all our sins through the sacrifice of Jesus. "As far as the east is from the west, so far has he removed our transgressions from us" (Psalm 103:12).



If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

-1 JOHN 1:9, NIV

