

## February Spiritual Discipline of the Month:

### Confession

**Confession.** It's good for the soul. Not just any confession, but confessing the sins in our life; those things that become a barrier to our relationship with God. Specifically, they are the things that separate us from God, others, creation, and ourselves. Things like pride, bitterness, envy, greed, etc.

We can confess our sins corporately (within worship as we do during Holy Communion), privately (in our prayers), with a trusted friend, or in a small group. When we confess our sins, we allow God's power, grace, and forgiveness to break the hold that sin has over us by bringing it out into the light. Our relationship with God becomes restored and we experience God's healing grace.

*"Therefore confess your sins to each other and pray for each other so that you may be healed." - James 5:20 (TNIV)*

### Practical suggestions / Challenge for the month.

- ✓ Talk to God about the things in your life that are a barrier to your relationship with God. Ask God to reveal any sin in your life that you may be unaware of.
- ✓ Pray, asking for God's direction. Is this something I need to confess corporately, privately, or with someone else?
- ✓ Partner with others. Create an accountability relationship with a trusted friend or small group where you can weekly come together, confess, and pray for each other.
- ✓ Is there a sin in your life that seems to overtake you, yet you are afraid to confess it? Talk with a pastor or trusted friend.

## Other Things to Remember:

1. It's not always easy to incorporate new disciplines into your life.
2. Look at your calendar and pick a time for each day that will work with your life.
3. If you miss a day or two, just acknowledge it and begin again.
4. Partner with someone and help keep each other accountable.
5. It's not about perfection, it's about practice.
6. If you get stuck on something or if you don't understand something, ask for help.
7. Record your progress - start a spiritual journal.
8. Have fun!

**Helpful Hints:** "We are only as sick as the secrets (sins) we keep."<sup>1</sup> Reach out and ask for help. We don't have to suffer in silence. God is standing ready to forgive.

If you have any questions, want other suggestions, or would like to share your confession experience, contact us at (302) 378-7692 or [connect@connectioncc.org](mailto:connect@connectioncc.org).

For more information on the practice of Spiritual Disciplines, refer to "*The Celebration of Discipline*," by Robert Foster.

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<sup>1</sup> Alcoholics Anonymous Slogan.