Consequences of Confession

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INTRODUCTION

- For confession to happen, there had to be something that went wrong. We made a choice to do something. What do we do about that?
- We're really good at building walls. And within those walls, digging holes and burying our problems.

1 We Don't Like to Be Vulnerable

- When we're vulnerable, we feel weak. And we like to feel like we're in control.
- Vulnerability is the opposite of control. It is saying that I can't determine the outcome, that I'm not 100% sure what's going to happen.
- It's important for us as Christians to understand that this vulnerability is necessary.
- You are 67% more likely to overcome if you have someone to hold you accountable, whether it's a spouse, whether it's a good friend, one of the elders, a parent, anyone who you can trust.

2 What Do You Do With the Shame?

John 8; James 1:23–25

- As Christians, when we talk about confession, which is essential for salvation, you must, you must own your problems.
- They knew they could not judge this woman while they were in a sinful state. And out of their shame, they got up and they walked away.
- The problem is that God knows your heart. And he is seeing all these things.
- If anyone is a hearer of the word and not a doer, he's like a man who looks intently at his natural face in a mirror. He looks at himself and goes away and forgets what he was like.
- If when you look in the mirror and you're not there, don't dig a hole and bury it. Take the steps to start putting things on the right path.

3 Confession: You Gotta Name It

- Once you understand that your shame was going to lead you to action, you need to do what Martha said. You gotta name it.
- You don't go out and fight a battle against sin. You go out and you fight a battle against this sin. So you can win the war against sin.
- You're not going to crawl your way out of sin on your own. And if you haven't named it, you don't even know where you're trying to crawl out of.

4 What If You're That Other Person?

1 Thessalonians 5:11–14

- What kind of person should you be? You need to be approachable. That's not easy for all of us.
- You need to be the person who can save someone else, who is willing to open up, who is willing to take on that challenge with someone else and help them, guide them.
- We urge you, brothers, admonish the idle. Encourage the faint-hearted. Help the weak, and be patient with all of them.
- When we start talking about pulling people out of sin, we're not going to do it in a week. It may not be a month. It may be a lifetime.

5 You're on the Road to Repentance

Matthew 3:8; 2 Corinthians 7:9–11

- Confession and repentance are two totally different things. One is naming the problem. I have a problem. The other is saying, this is what I'm going to do about it.
- You can go through the whole steps of confession, wrap your arms around your problem, and then build a tent and live in your problem.
- But true repentance shows in our actions. It's not the folding chair in your problem. You're making changes.
- For godly grief produces repentance that leads to salvation without regret. Whereas worldly grief produces death.

6 Reconciliation: We Become One Again

1 Corinthians 12; Ephesians 4

- Reconciliation is where we come back and we become one again.
- Can we be separated from Christ as a group or as individually? You bet. But can you come back? You bet.
- When it comes to within the church, we're meant to work like a body.
- The walls we build around us don't only keep out the sadness, but they keep out the joy.

THE CHALLENGE

How many walls do you have built? Do you need to start disassembling some blocks on the wall? Do you need to start letting someone in to help you?

MY NOTES