



Confession: No Filter Faith

Pastor James Heyward

Confession is not your downfall, it is your start-over.

WHEN YOU DROP THE FILTER, GRACE FILLS THE FRAME.

“Generous in love—God, give grace! Huge in mercy—wipe out my bad record. Scrub away my guilt, soak out my sins in your laundry. I know how bad I’ve been; my sins are staring me down. You’re the One I’ve violated, and you’ve seen it all, seen the full extent of my evil.” Psalm 51:1–4 (MSG)

- Own it — Growth starts where hiding stops
What refuse to own, you cannot surrender.

“On the other hand, if we admit our sins—simply come clean about them—he won’t let us down; he’ll be true to himself. He’ll forgive our sins and purge us of all wrongdoing.” 1 John 1:9 (MSG)

- 1. Why is it so difficult to come clean about your secret guilt?**
- 2. What secret guilt might you be hiding?**
- 3. Challenge: This week, catch yourself when you start softening the truth about your sins.**

- Name it - be specific to be set free

Vague confession leads to vague healing. Specific confession leads to specific freedom.

“If we admit our sins—simply come clean about them—he won’t let us down; he’ll be true to himself. He’ll forgive our sins and purge us of all wrongdoing.”

1 John 1:9 (MSG)

4. What prevents you from naming your sin?

5. What does admitting your sin do to your pride?

6. Challenge: Sometime this week, write down what you actually need to admit/ need to confess. Speak 1 John 1:9 over what you have written.

- Release it - confession is surrender, not performance

So confession is not working for forgiveness. Confession is walking in the forgiveness Jesus already secured for us all.

“Create in me a clean heart, O God, and renew a steadfast spirit within me.”

Psalms 51:10

7. Have you tried to perform to receive God’s forgiveness?

8. Is it difficult for you to receive forgiveness? Why?

9. Challenge: This week, after you confess, deliberately thank God for His forgiveness. Stay in His mercy longer than you stay in your guilt and shame.

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Written by James Heyward and Reenie Peppers