

Accountability Guide: Confession & Repentance

Following Pastor Cam's [Set Apart sermon about overcoming lust](#) (starts at 52:15), here's some questions you can go over with someone you know, love, and trust to invite into helping you "root out" the weeds and "weed seeds" of your heart.

Inviting a trusted friend into our process and how we're doing is key to finding freedom. Often, when we go to an addiction or lust, it is us reacting to a place of stress or pain. Some questions you can ask your friend:

- What are you really looking for right now?
- What do you need right now?
- How do you feel today?
- Does this feeling connect with a familiar feeling/situation from your past?

Pray for each other that the Lord would meet us in our place of struggle and provide ways out! *"If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure."* (1 Cor. 10:12-13)

Other questions:

- How has your thought life been this week? Is there anything you need to bring into the light (in regards to hidden sins)?
- What Bible passages can you meditate on/memorize to help you combat the enemy during moments of temptation? Use it to guide your prayers for each other.
- If one of you confesses a sin, repent and pray to receive God's grace over you. Then ask, "What happened?" Walk it backwards: how did it come to this point? What guardrails or actions can I do next time to help me overcome a similar situation?

Steps to Freedom: Confession & Repentance

Confession isn't something to be ashamed of...it's actually something to celebrate! Confession is a key part of the healing and freedom process.

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us." - James 1:8-10

Jesus forgives us completely! When we keep silent, or don't confess our sins, it actually hurts us. When we confess and ask Jesus for forgiveness, we are released from the sin and the weight that comes with it, and He replaces it with His forgiveness.

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:16)

Confession liberates us: There is also huge power in confessing it to one another. It releases us from the grips of shame that Satan wants to keep us under, and also invites others to be able to journey with us.

Prayer of Confession:

Invite a trusted brother or sister to be present with you in this process. (You can also do this on your own.)

1. Wait and ask the Lord to highlight any area of your heart that is not in alignment with His.
2. Speak out what comes to mind, and confess to God. Repent and ask for help to change your mindset and ways.
3. Ask for and receive God's forgiveness.
4. Confess to a trusted brother or sister.
5. If there is an action you can take to remedy this or help you, commit out loud to what you will do.