

When I say, “confession”, what comes to mind? A criminal admitting guilt? A co-worker revealing they stole from the company? A boy coming clean to his parents he pulled his sister’s hair? A Catholic in a booth acknowledging sin to a priest? A friend confiding their dark secret, shame, and sorrow? David’s repentance over his adultery and murder?

Today, we continue our series, “CrossFit”. We’re looking at 12 daily disciplines to get us into spiritual shape. Today, we look at the corporate discipline of Confession. In The Celebration of Discipline, Foster says, “Confession begins in sorrow but ends in joy. There is celebration in the forgiveness of sins because it results in a genuinely changed life.”

Learn to give a confession. 1 John 1:8-9 (ESV) says, “If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” It’s hard for us to admit we’re full of envy, lust, pride, gluttony, wrath, greed, and sloth. But, when we do, God heals us, forgives us, redeems us, and sets us free!

Learn to receive a confession. 1 Peter 2:9a (ESV) says, “You are a chosen race, a royal priesthood.” Luther called it “the priesthood of all believers”. As Christians, we live under the cross. Jesus is the atoning sacrifice for the sins of the world! We should daily stand in Christ’s stead, hear confessions, keep confidence, proclaim forgiveness, pray, lay on hands, and make His presence real for them!

In The Celebration of Discipline, Foster says, “God is calling us into being a church that can openly confess its frail humanity and know the forgiving and empowering graces of Jesus Christ. Honesty leads to confession, and confession leads to change.” This week, let us personally experience the power of confession by practicing it in our lives!

Let’s pray. Lord, St. Augustine of Hippo said, “The confession of evil works is the first beginning of good works.”

Lord, this week, in our prayers, as part of our worship, and in our relationships with other Christians, help us repent of our sin, receive forgiveness, rejoice in our changed life, and return this grace upon grace into the lives of others!