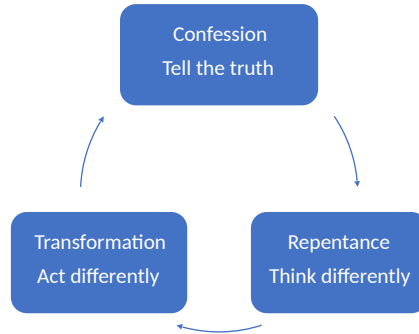


## 5 Essentials of Wholeness: Confession

Greg Wendschlag March 5, 2023

*“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing, and perfect will.” Rom. 12:2*



*“If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.” 1 Jn. 1:9*

Confession – to tell the truth

“Believing lies about myself or God separates me from God. When I confess, I tell the truth about my thoughts, feelings or behaviors. God will cancel the effects of my false beliefs, removing the separation between us and lead me into truth.”

Jamie Winship

### 1. What do I tell the truth about?

- Tell the truth about your failures.
- Tell the truth about your feelings.
- Tell the truth about your thoughts.

*“Cast all your cares on Him because He cares for you.” 1 Peter 5:7*

### 2. How do I know if I’m believing a lie?

- Does the thought, feeling or memory produce fear, shame, guilt or righteousness, peace, and joy?

*“The thief comes to steal, kill, and destroy. I came that you might have life and have it abundantly.” Jn. 10:10*

*“For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,” Rom. 14:17*

Questions as we linger

1. Tell God the truth about your feelings, thoughts, failures etc.
2. Ask God to replace your thoughts with His thoughts.
3. If you hear nothing from God, trust He has heard you and enjoy the release of unloading your cares upon Him.
4. Think about a person or group you could be honest with for helpful accountability.