



## Sexual Purity Course Lesson 9

The previous two lessons dealt with some of the main disciplines of the Christian life: Bible reading, prayer, and fasting. The topic of this study is another discipline which God often uses to give us grace / strength to live the Christian life: confession.

**Scripture:** Read Psalm 32:5; 38:18; Proverbs 28:13; and 1 John 5:1-10.

### **Study:**

Consider what John Bunyan wrote in Chapter 5 of his catechism:

Q: What sins must I confess to God?

A: All sins whatsoever.

Q: But why confess my sins to God, seeing that he knows them already?

1. By a sincere and hearty confession of sin, you acknowledge that that God is your sovereign Lord, and that he has the right to impose His law upon you.
2. By confessing your sins, you show how little you deserve the least mercy of God.
3. By doing so, you show whether your heart loves it or hates it. He that heartily confesses his sin is like him who has a thief or a traitor in his house, and brings him out for punishment; but he that refuses to confess is like him who hides a thief or traitor against the laws and peace of our Lord the King.

Q: What frame of heart should I be in when I confess my sins?

A: Do it heartily, and to the best of your power thoroughly... to do it half way is wickedness; to do it without the sense of sin is unacceptable. And to confess it with your mouth, and love it with your heart, is a lying unto God.

1. Explain everything that is involved in the confession of sin when it is done biblically.

### **Application:**

1. If you fall into the sin of sexual immorality, take the time to confess as described above. Actually name the sin. Call it what it is in God's presence. See its ugliness. Hate it! See how it dishonors Him. Turn from it. And then rejoice that God is just and righteous to forgive you and cleanse you from all unrighteousness.
2. Make confessing all of your sins a daily part of your prayer life.
3. Explain how confession can be used by God to give you grace to live the Christian life.