

(Look at Tomorrow)

Write down a list of sins that you have asked for forgiveness in the past.

What sins do you need forgiveness right now?

Is there anyone you need to ask forgiveness of in person?

(TIMEOUT)

Positional and Relational Forgiveness...

Positional Forgiveness is when God forgives our sins once for all. This is what saves us.

Relational Forgiveness is the damaged relationship with God that we can improve through asking him, and others, forgiveness when we continue to sin.

**(Christ Forgives)
When We Go Our Own Way**

(Look at Me)

Describe a time when you have been the most worn out physically from heat or exhaustion.

Describe a time when you have "come clean" and told the truth about something.

How do your parents feel when you do something wrong?

How can you tell when someone is lying?

(Look at Jesus)

1 John 1:8-10

⁸ *If we claim to be without sin, we deceive ourselves and the truth is not in us.* ⁹ *If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.* ¹⁰ *If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives.*

Can anyone be sin-free?

How would you describe when someone confesses, like in a court of law before a judge?

If we confess, what two things does God promise?

Is there anything you want to confess right now?

Psalm 66:18-20

¹⁸ *If I had cherished sin in my heart, the Lord would not have listened;*

¹⁹ *but God has surely listened and heard my voice in prayer.*

²⁰ *Praise be to God, who has not rejected my prayer or withheld his love from me!*

What does it mean to “cherish” something?

How are we tempted to “cherish” sin?

Add the word “NOT” in verse 19 – this is what happens when we cherish out sin, even if we ask God to forgive us.

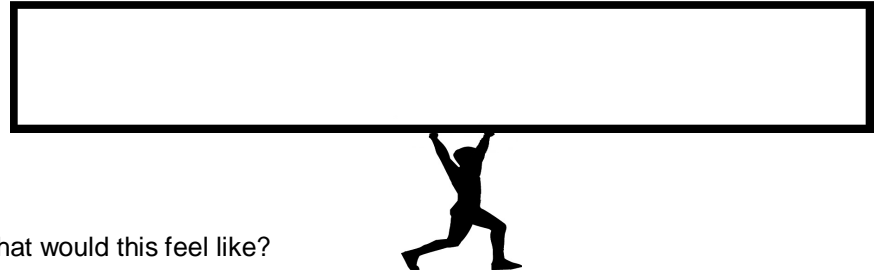
¹⁹ but God has surely _____ listened and heard _____ my voice in prayer.

Psalm 32:4-5

⁴ *For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer.*

⁵ *Then I acknowledged my sin to you and did not cover up my iniquity. I said, “I will confess my transgressions to the Lord”— and you forgave the guilt of my sin.*

Draw some of the sins you have struggled with on this picture.



What would this feel like?

Why do you think this verse mentions that the weight of sin is felt “day and night”?

What benefits await us when we confess our sins to God?
