

Confession

It can be difficult to admit when we're wrong or that we've made a mistake. While pride, shame, and fear can make confession difficult, knowing our salvation is secure in Jesus Christ and being confident in God's mercy allows us the freedom to confess our sins and find healing for our souls. Join us in studying key passages of Scripture to better understand the spiritual discipline of confession, discover why it keeps us spiritually healthy, and learn how it benefits our relationship with God.

AWARENESS Before listening reflect on what you already know or understand about topics we'll cover in the episode.

- How often do you confess your wrongdoings to those around you? Are you quick to apologize and admit guilt, or do you find this difficult? Why do you think it is easy or difficult for you?
- Has someone ever confessed their sin to you? How did you receive that confession? What difference did it make in your relationship?



LISTEN TO THE EPISODE: [Confession](#)

READ [Psalm 32](#), [1 John 1:5-2:2](#), [Psalm 51](#)

REFLECTION After listening, consider the following questions:

- In segment 1, host Dave Bast said the guilt of sin has been taken care of by Jesus, but we still experience earthly consequences for our sin. When have you experienced consequences for your sin, even after confession brought relief from the guilt of those sins?
- Unconfessed sin is peace repellent. Reflect on a time when a guilty conscience disrupted your inner peace.
- In segment 2, Dave quoted [1 John 1](#), “The good news is, if we confess our sins, he is faithful and just and will forgive us our sins.” Before we ever make a confession, God assured us that we will be forgiven. How can you internalize this good news today?
- In segment 3, host Scott Hoezee reflected on King David's prayer of confession in [Psalm 51](#). Scott said the trajectory of all confession is to invite God to create a clean heart and renew a right spirit within us. How does this trajectory give you hope as you practice the spiritual discipline of confession?

RELATED PASSAGES for further study

[Proverbs 28:13](#), [Luke 23:39-43](#), [James 5:13-16](#)

CONCLUSION

Confession is the spiritual discipline of honestly acknowledging our sins before God and, when appropriate, to one another. Far from being a source of shame, confession is a pathway to freedom. It breaks the power that hidden sin holds over us, restores our relationship with God, and renews our inner peace. As we heard in this episode, we confess not to earn forgiveness, but because forgiveness has already been secured for us in Jesus Christ. Practicing confession regularly keeps us spiritually healthy, humble, and close to God.

Take a few minutes now to close this time of reflection in prayer, using the prompts below as a guide. Move through them slowly, pausing after each one to listen as well as speak. If you'd like to make a plan for the week ahead, consider setting aside a few quiet minutes each morning or evening to practice this discipline; perhaps using the second prompt as a daily examination of conscience.

Here are some prayer prompts to get you started in practicing the spiritual discipline of confession:

- Gracious God, search my heart and reveal any sinful way in me.
- Forgiving Father, I confess that I have fallen short of your glory in these specific ways: name moments that come to mind during the last week when you sinned against God.
- Loving Christ, renew me from the inside out. Teach me to follow your ways, and make me quick to confess my sins.

<https://groundworkonline.com/episodes/confession-1>

Printed on June 24, 2026