

**Podcast Worksheet**  
**Confession is for You! Healing Your Relationship with God**

**Scriptural Texts:**

Psalms 32:3-5; 38:3-4; 51:4; 66:18; 139:23-24; John 3:17; 8:34-36; 13:10; 1 Corinthians 5:6-8

**Main Points:**

1. Confession is telling God the thing we did that was against his will and asking him to forgive us.
2. Confession is not for God, it is for us. He doesn't need the information.
3. The world and Satan condemn us; Jesus never does.
4. If Jesus wanted to condemn us, he never would have gone through the crucifixion.
5. Holding onto our sin allows it to grow, interfering in our health and well-being.
6. Sin blocks our relationship with God. Confession removes the barrier.
7. Sin is a healing issue. The remedy is to receive God's forgiveness.
8. Until sin is confessed, it is an active agent harming our life.
9. Sin blocks our intimacy with God because it is offensive to him.
10. God's mercy is his gift to us after we've brought our sins to him. He wants us to receive the gift.
11. To refuse his mercy, is to say what Jesus went through on the cross wasn't good enough.
12. When we confess our sin, the wound it created is healed instantaneously.

**Questions:**

1. What new insights did you gain about confession, forgiveness, and mercy in this podcast?
  
  
  
  
  
  
  
  
  
  
2. Pray and ask the Holy Spirit to show you how you have offended God. Make a list.
  
  
  
  
  
  
  
  
  
  
3. Share why receiving God's mercy is easy or difficult for you. Are your reasons based on truth or false beliefs?

**Prayer of Response:**

Lord God, I humbly come to you, seeking forgiveness and mercy. My offenses against you have been plentiful. Specifically, I am aware of these sins: \_\_\_\_\_. Please forgive me. I desire to have a close relationship with you, nothing interfering. I receive your mercy, the greatest gift you offer to me. Thank you for washing me clean. In Jesus name, amen.

Commitment: After prayerful meditation on this podcast, I am going to \_\_\_\_\_

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