1. **Opening image**
   1. Huge WWII Bomb in Munich, Germany; Part of the city evacuated and blew out windows; Bomb Disposal called in, but couldn’t do it
   2. Bombs don’t go away; they go off.
2. **Need**
   1. All of us are riddled with explosives from past conflicts that are buried beneath the surface…and this lead to death and are keeping us from a full & free life.
      1. We have unconfessed sin buried within…maybe decades old and we’ve built our lives around them and have patterns to deal with them – so that we don’t set them off.
      2. Those bombs of unconfessed sin don’t go away, they go off…. unless they are dealt with in the way God has laid out.
   2. It is imperative we: check our pride and self-preservation, expose the sin within, invite the Expert to disarm and allow others to remind us of truth and help us.
      1. I’m so excited to talk to you about confession of sin tonight because this gift from God has changed my life…yes, confession of sin is a gift.
      2. About 7 years ago, I started coming into the light with my struggles, and life’s been totally diff ever since.
3. **Step 5**
   1. We confess to God, ourselves, and another human being the exact nature of our sins.
   2. 1 John 1:7-9 - *But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin. If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*
4. **Confess to others**
   1. 1 John 1:7 - *But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.*
   2. Why confess to others? (We all want to be fully know and fully loved; and to be healed)
      1. If we walk in the light, we have fellowship. Inverse is true: No light; no fellowship.
         1. *To walk in the light as He is in light*, fully exposed to Him/others = Fellowship.
            1. Facebook/Twitter/Instagram/ 3%. This is called “lying by omission.”
         2. EXAMPLE: I had a dear friend tell me, “I was afraid if I told you what I did, I would lose credibility.” It’s crazy, but it’s the exact opposite – if we don’t confess to each other we lose credibility. Why?
            1. Because we all know that we all are struggling with sin. Nobody’s doing great all the time. But…those who confess show their hearts are healthy.

Litmus test: The heart that’s well, is the heart that tells.

* + - * 1. The more you know someone, the more you will love them.
        2. James 5:16 - *Therefore confess your sins to one another and pray for each other so that you may be healed.*
        3. ***GOOD PLACE TO INSERT A PERSONAL STORY.***
    1. Revealing brings healing. *If walk in light, the blood of Jesus cleanses us from ALL sin.*
       1. Revealing brings healing, by harmful patterns being exposed.
          1. Example, Skin Cancer Check: Skin Cancer bump on back found by wife. Thought it was freckles. Learned that my patterns brought death. Now can prevent/treat.
          2. Same benefit as confessing inventory because your mentor sees patterns.
       2. Revealing brings healing by being reminded of forgiveness by the blood of Jesus that cleanses us
          1. Satan wants us to keep it in the dark where he can accuse us with guilt, dirtiness, shame, condemnation…
          2. And we try to self-medicate: “Time doesn’t heal all wounds,” stuffing it will only cause it to fester, and no amount of good works, ice cream, scotch, weed or porn will numb it long enough.
          3. Only Jesus’ blood cleanses…because it’s his righteousness. washing our unrighteousness. Clean = purify, remove guilt, free from defilement. See Romans 5:8

And when reminded of that, we no longer run to coping mechanism

* 1. Recap: We confess to others for fellowship, healing and cleansing

1. **Confess to Ourselves**
   1. 1 John 1:8 - *If we say we have no sin, we deceive ourselves, and the truth is not in us.*
      1. Purpose: Come out of denial, This is Incredibly important. Because if not this, nothing else!!
         1. If not acknowledge ourselves, we are self- deceived and liars.
            1. **GOOD PLACE FOR PERSONAL STORY ABOUT STEPPING OUT OF DENIAL**.

For some of you, one of the biggest steps you’ll take tonight is admit you have a problem. And until then, NOTHING will change.

* + - * 1. And this is not your standard of sin or comparison to another. It’s God’s.

1. **Confess to God**
   1. 1 John 1:9 - *If we confess our sins, he is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*
   2. What’s our part: To acknowledge/homo – legeo, not fix it, explain it, justify it….or even to ask for forgiveness.
      1. *WAIT!! Your sins are forgiven…and all knowing, all present God. So Why confess?* (See Colossians 2:13-14), but there’s a barrier to fellowship.
      2. If you have trusted Christ, you’re not confessing for salvation; you’re confessing for fellowship.
   3. Why? For Restored fellowship with God: Sin doesn’t break the relationship, but it’s a barrier to fellowship
   4. What Is God’s Character? Faithful, He will / Just, Only He Can. (“I can’t forgive myself”)
   5. How? Thru Forgiving / Releasing the debt / and Cleansing of all impurity
   6. When? Step 5 with your mentor and maybe community group
      1. Remember me talking about Germany. Well, I have some bombs on stage with me. (Diaper bin).
      2. Can you imagine if I didn’t empty this every other day? Now imagine if you had one of these and it never got emptied over the course of your entire life. These stuffed diapers don’t go away….just because you aren’t talking about your sin, doesn’t mean it’s going away.
      3. Not just your sin, but other’s sin against you…fester into resentment, bitterness, fear
         1. You are not responsible for the sin done against you, but you are responsible for your response.
2. **Recap**
   1. Confession of sin is for the following:
      1. Fellowship with God and others *–* to be fully know and fully loved with no barriers.
      2. Forgiveness and Cleansing *–* by Jesus.
      3. Healing from sin - by harmful patterns revealed and reminded of Christ’s cleansing blood.
3. **Conclusion**
   1. Remember Munich and that bomb / Truth is: 600 tons annually / 70 years ago / they just kept on building instead of proactively clearing. And now it’s just reactive and there’s tons of damage from it.
   2. Problem: Like Germany, we continue to build your life around these issues, think you can manage them and not address the bombs of unconfessed sin in your life.
   3. Step 5 is a chance to quit building on top of a lifetime of bombs, but to let God and others totally dismantle them and render them harmless.
   4. And how crazy would it be for the Germans to know of an existing bomb, a particularly big one, but leave it there for fear of exposing it…be thorough in Step 5 and confess everything. Even the things you thought you’d take to the grave and thus be free!!
   5. But, if you bring it into the light of God and others, and allow God to disarm and remove it, there will be healing.
   6. So be free in Christ to confess in Step 5, find healing from harmful patterns, cleansing by Jesus and have full fellowship with the body of Christ and God.