

# TakeNote

Pastor Shawn Thornton—  
Weekend of **August 28–29, 2021**

## Good for the Soul: The Spiritual Practice of Confession

—Luke 15:11–31

*Part 4 of the “Journey: How to Walk with God” sermon series*

### **Spiritual Practices:**

Intentional behaviors, habits, or disciplines that help us walk with God and be transformed into the likeness of Christ.

### **The Practice of Confession:**

Repentantly acknowledging our sin before God and each other allows us to experience God’s faithful, forgiving grace and extend it to others.

## Confession *IS* Good for the Soul...

### **Vertically—Our Relationship with God**

*We personally experience God’s faithful, forgiving grace as we confess our sins to Him.*

- 1. Approach God with a humble heart** (*James 4:6 & 10*)
- 2. Invite God to examine your life** (*Psalm 139:23–24*)
- 3. Acknowledge the guilt of your sin** (*Psalm 32:3–4, 51:3–4; 1 John 1:9*)
- 4. Express your sorrow over exposed sin** (*2 Corinthians 7:10*)
- 5. Embrace God’s grace as a healing balm** (*Psalm 32:5, 51:10 & 12; Ephesians 1:7–8*)
- 6. Live your life differently than before** (*Psalm 139:24b; Romans 2:4*)

## **Horizontally—Our Relationships with Each Other**

*We practically extend God's faithful, forgiving grace as we confess our sins to each other.*

- 1. Agree together that our sin is bad** (*James 5:16; Luke 17:3*)
- 2. Rejoice together that God's grace is good** (*Colossians 3:13; Matthew 18:21–22*)
- 3. Recognize together that our mission is critical** (*Matthew 5:14 & 16, 28:19–20*)
- 4. Determine together that our accountability is healthy**  
(*Galatians 6:1–2; 1 Thessalonians 5:11*)

### **Next Steps:**

1. Read Psalms of confession back to God (*Psalms 32 & Psalm 51*)
2. Pray through a provided confessional prayer resource
3. Confess your sins to 2–3 trusted friends you have selected for your journey

Resource to help you cultivate the spiritual practice of confession:  
[CalvaryWestlake.org/walk](http://CalvaryWestlake.org/walk)