Lesson 12

Confess

**Principle 4**: Openly examine and confess my hurts, hang-ups, and habits to myself, to God, and to someone I trust.

*“Blessed are the pure in heart, for they will see God.” (Matthew 5:8)*

**Step 5**: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

*“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)*

**Introduction**

The following illustration is part of a message I heard at Willow Creek Church, and it is undoubtedly the best illustration that I have found to represent this principle.

Does the name Jessica McClure trip any memory bells in your mind? She was the eighteen-month-old girl from Midland, Texas, who fell in a deep, abandoned well-pipe several years ago. About four hundred people took part in her fifty-eight-hour rescue attempt, which was spurred on by her cries of anguish that could be clearly heard at ground level through the pipe.

Now, I found it fascinating that, at one point, a critical decision was made. The rescuers decided that the rescue would have two phases: Phase one was to simply get somebody down there, next to her, as soon as possible; phase two was actually extracting her from the well.

Phase one was driven by the knowledge that people tend to do and think strange things when they are trapped alone in a dark scary place for long periods of time. They get disorientated and their fears get blown out of proportion. Their minds play tricks on them. Sometimes they start doing self-destructive things. Sometimes they just give up! So the rescue experts decided that they needed to get a person down there to be with her as soon as possible. Then they would turn their attention on how they were going to get her out of the well. The plan worked, and eventually Jessica was rescued.

Now, how does the rescue of Jessica McClure relate to Step 5? When people like us get serious about recovery, about spiritual growth, when we go on the 12-Step spiritual adventure, when we take that first step, we admit that we have some problems that make our lives unmanageable. When we turn to God and say, “God, I need help with those problems,” then we might feel as though we are free falling. In a sense we are. We are out of control in a way. We can no longer live the way we are so used to living. The old ways just don’t work anymore.

So, during the last couple of months, if you worked Step 4 honestly and thoroughly, you might be feeling as if *you* are trapped at the bottom of a deep, dark well. If you stay there long enough you can become disoriented and wonder why you took this recovery journey to begin with. You might feel like you want to bail out at this point.

You might start making statements like these: “You know that I am a royally messed up man.” “The truth about me is that I’m a royally messed up woman.” ‘‘No one’s collection of sins and character defects is as bad as mine.” “If anyone ever found out the truth about me, they would never have anything to do with me for the rest of their life.”

Some of you get to that point and you say, “Why don’t I just bail out of this program? Why don’t I just go back to projecting an image of adequacy to everybody and not deal with all this unsettling truth about myself?”

It’s at this critical point in the process that we need to get another human being to come alongside of us in that well as soon as possible. You need to get someone next to you before you give up and get back into denial. In a way, the 5th Step says that you can only grow so far alone; then you reach the point that continued growth and healing is going to require assistance from someone else.

We are right at that critical juncture tonight. We are at the point where

we are being asked to come clean by telling another human being the truth

about who we really are. But how?

**Confess**

The first step is to CONFESS my wrongs. Tonight’s acrostic will show you just how to do that.

**C**onfess your shortcomings, resentments, and sins

**O**bey God’s direction

**N**o more guilt

**F**ace the truth

**E**ase the pain

**S**top the blame

**S**tart accepting God

The *C* in confess is CONFESS your shortcomings, resentments, and sins. God wants us to *come clean*. He already knows all of our resentments, shortcomings, and sins. Confession is just us telling Him we know them too.

For the person who confesses, shame is over and realities have begun. Proverbs 28:13 tells us, “Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.” Confession is necessary for fellowship. Our sins have built a barrier between us and God.

The *O* in confess stands for OBEY God’s direction.

Confession means that we agree with God regarding our sins. Confession restores our fellowship.

Principle 4 sums up how to obey God’s direction in confessing our hurts, hang-ups and habits. First, we confessed (admitted) our hurts, hang-ups and habits to God. “It is written, ‘As surely as I live,’ says the Lord, ‘every knee will bow before me; every tongue will acknowledge God.’” So then, each of us will give an account of ourselves to God."(Romans 14:11 – 12). Then we do what we are instructed to do in James 5:16, and share them with someone we trust: “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

The next letter is *N*: No more guilt.

This principle can restore our confidence, our relationships, and allow us to move on from our “rear-view mirror” way of living that kept us looking back and second-guessing ourselves and others. In Romans 8:1 we are assured that “There is no condemnation now for those who live in union with Christ Jesus.” The verdict is in, “for all have sinned and fall short of the glory of God, 24 and all are justified freely by his grace through the redemption that came by Christ Jesus.” (Romans 3:23 –24).

So that’s the “C-O-N” of confess. The “con” is over! We have followed God’s directions on how to confess our hurts, hang-ups, and habits.

The next letter F is: Face the truth.

After we “fess” up, we will have four positive changes in our lives. The first is that we will be able to FACE the truth. It has been said that “man occasionally stumbles over the truth, but most of the time he will pick himself up and continue on.” Recovery doesn’t work like that. Recovery *requires* honesty! After we complete this principle we can allow the light of God’s truth to heal our hurts, hang-ups, and habits. We stop denying our true feelings. “Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.” (Psalm 51:10-12)

The next letter E is: Ease the pain.

Have you ever noticed that a person who speaks the truth is always at ease? The next positive change that confession brings is to EASE the pain.

We are only as sick as our secrets! When we share our deepest secrets, we begin to divide the pain and the shame. A healthy self-worth develops that is no longer based on the world’s standards but on the truth of Jesus Christ!

Pain is inevitable for all of us, but misery is optional. Psalm 32:3 –5 says, “When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. 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.”

The next letter S is: Stop the blame.

The first *S* in confess reminds us that we can now STOP the blame.

It has been said that people who can smile when something goes wrong probably just thought of somebody they can blame it on. But the truth is, we cannot find peace and serenity if we continue to blame ourselves or others. Our secrets have isolated us from each other long enough! They have prevented intimacy in all of our important relationships.

Jesus tells us in Matthew 7:3: “Why do you look at the speck of sawdust in your brother’s eye and pay no attention to the plank in your own eye? How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother’s eye.”

The last letter is: Start accepting God’s forgiveness.

Finally, the last *S* shows us that it is time to START accepting God’s forgiveness. Once we accept God’s forgiveness we are able to look others in the eye. We see ourselves and our actions in a new light. We are ready to find the humility to exchange our shortcomings in Principle 5.

“Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation.” (2 Corinthians 5:17-19)

If you asked me to sum up the benefits of Principle 4 in one sentence, it would be this: In confession we open our lives to the healing, reconciling, restoring, uplifting grace of Jesus Christ who loves us in spite of ourselves.

First John 1:9 reminds us that “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

**Wrap-Up**

Maybe you came tonight a little fearful of having to think about sharing your inventory. I hope you have been encouraged, and I trust you have been able to see the benefits of this task before you. Next time we will discuss the how-tos of finding a person with whom you can share your inventory. Let’s close in prayer.

*Dear God, thank You for Your promise that if we confess, You will hear us and cleanse us, easing our pain and guilt. Thank You that You always do what is right. In Jesus’ name, Amen.*