

## **CONFESS & REPENT**

### **And be glad you did!**

- 1. It causes us to acknowledge before God that we know and take responsibility for our sin.**
- 2. It proves that we are not trying to hide our sin from God, others, or ourselves. It humbles us.**
- 3. It shows that we are asking for and relying on God's strength to help us change.**
- 4. It allows us to be continually healed.**
- 5. And most importantly, confession and repentance sustain our loving relationship with God.**

**Once we have a relationship with Jesus, we don't need to confess and repent for each sin to obtain forgiveness. But doing so is the best way to please God and become the person Jesus wants us to be.**

**“If we confess our sins, He is faithful and just to forgive us our sins, and cleanse us from all unrighteousness”.**

*1 John 1:9 NKJV*

