



## CONFESSION GUIDE

Name of the person to whom you are confessing: \_\_\_\_\_

**“I have not represented God well in your presence. You have been hurt by my un-God-like actions, attitudes, and beliefs. My goal in life is to make God’s character of love known. That starts with this request for forgiveness. I value our relationship more than my pride. I am currently working on submitting my life to God’s control and understand if you need time to consider my request for forgiveness.”**

**I am now willing to admit that I sinned against you by... [list specific sins and avoid words like if, but and maybe]. These actions were my choice and wrong.** Review your full disclosure and include items that affected this person.

**I am learning to see how much my life was ruled by the desire for [list motives for your sin]. You did not cause my sin.** Refer to the relevant motives from chapter three.

**I am beginning to see how my sin has affected you. [Describe]** Describe what you can understand of how your sin negatively affected the life, emotions, trust, and relationships of this person.

**I know I must change to honor God and to bless those I care about. Because I see my need for change, I will [list obvious needed changes]. I am still learning what other changes honoring God will require of me.** State those changes that are foundational.

**Are there other ways I can show you the sincerity of my desire to change or make you feel safe? [pause and take notes on their answer]** This section should be blank until you speak with the person.

**I understand if it will take some time but I am asking for your forgiveness for my sins against you. Thank you for showing me the honor of listening.**