



CONFESSION GUIDE

Name of the person to whom you are confessing: _____

“I have not represented God well in your presence [explain]. You have been hurt by my un-God-like emotions, attitudes, and beliefs [describe]. My goal in life is to make God’s character 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 Rings B and C of your web diagrams.

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 and Ring A of your web diagrams.

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 – Rings D and E of your web diagrams.

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 help you trust me in the areas I’ve brought unhealthiness into our relationship? [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. Thank you for showing me the honor of listening.