

Confession and Repentance (Steps #5 and #6)

1 John 1:9 and Acts 3:19-20

August 23rd, 2026

Confession

(Step #5)

1 John 1:5-7 (NLT)

⁵ This is the message we heard from Jesus and now declare to you: God is light, and there is no darkness in Him at all. ⁶ So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. ⁷ But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, His Son, cleanses us from all sin.

1 John 1:8-9 (NLT)

⁸ If we claim we have no sin, we are only fooling ourselves and not living in the truth.

⁹ But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.

Romans 10:9 (NLT)

⁸ If we claim we have no sin, we are only fooling ourselves and not living in the truth.

⁹ But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness.

James 5:16 (NLT)

¹⁶ Confess your sins to each other and pray for each other so that you may be healed.

Proverbs 28:13 (NLT)

¹³ People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

Repentance

(Step #6)

Acts 3:19-20 (NLT)

¹⁹ Now repent of your sins and turn to God, so that your sins may be wiped away.

²⁰ Then, times of refreshment will come from the Presence of the Lord, and He will again send you Jesus, your appointed Messiah.

1 Corinthians 7:9-10 (NLT)

⁹ Now I am glad I sent it, not because it hurt you, but because the pain caused you to repent and change your ways. It was the kind of sorrow God wants his people to have, so you were not harmed by us in any way.

¹⁰ For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death.

Ephesians 4:22-24 (NLT)

²² You were taught, with regard to your former way of life, to put off the old self, which is being corrupted by its deceitful desires;

²³ to be made new in the attitude of your minds;

²⁴ and to put on the new self, created to be like God in true righteousness and holiness.

Application

1. Call sin ... sin (1 John 1:8)
2. Replace not suppress (Ephesians 4:22-24)
3. Take God at His Word (1 John 1:9 and Acts 3:19-20)