



**CHRISTIAN  
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**Bringing Christ to the Imprisoned**

**Contemplative Confession Guide:**

**Holy God, You are good and set the standard for righteousness. I pray that I may walk in your holiness and light. May I follow your holy lead.**

*This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all 1 John 1:5*

**Search my heart O God, my thoughts and my ways and cleanse me of any offensive way in me.**

*Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24*

*If I had cherished sin in my heart, the Lord would not have listened; Psalm 66:18*

**Holy Spirit, please convict me of my sins.**

*When he comes, he will convict the world of guilt in regard to sin and righteousness and judgment: in regard to sin, because men do not believe in me; in regard to righteousness, because I am going to the Father, where you can see me no longer; and in regard to judgment, because the prince of this world now stands condemned. John 16:8-11*

*In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. Romans 8:26-27*

**Examine your conscience and confess (agree with) God about your wrongdoing. Tell God specifically of the action, deed or thought:**

1. Relational Problems – Am I treating people in a Christ like manner? Do I have healthy family relationships? Have I mistreated anyone?

*Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.  
Ephesians 4:29*

2. Moral Purity – Do I have purity of mind and heart? How have I been impure? Am I watching T.V. or movies that are dishonoring to Christ? Am I listening to conversations, CDs, radio or

## Lesson 7c

anything that does not honor God? Internet use?

*I will set before my eyes no vile thing. The deeds of faithless men I hate; they will not cling to me. Psalm 101:3*

3. Disbelieving Anxiety – Am I trusting God completely without worry or concern? Do I have a tendency to despair (feelings of hopelessness)? What am I concerned about?

*Who of you by worrying can add a single hour to his life? Matthew 6:27*

4. Disobedience – How am I following God's direction? Am I walking in God's will and plan for my life? Am I following his word, the Bible?

5. Pure Motives and Attitudes – Do I have an attitude like Jesus? Or do I have an unhealthy pattern of thinking? Do I complain or criticize others? Do I harbor a grudge or unforgiveness toward anyone, past or present?

6. Moral Character – Do I have the discipline of keeping my word? Can people depend on what I say? Am I a person of integrity and moral character in Jesus?

7. Is there anything in any area of my life where I have sinned?

**O Holy Father, I agree with you about the seriousness of my sins. I do not excuse my behavior but accept the Spirit's conviction of my wrongdoing. May I walk in the light of your holiness O God being honest and not hiding anything from you or myself. Thank you O LORD.**

*If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives. I John 1:8-10*

**Lord Jesus, I acknowledge that you are the Christ, the atoning sacrifice for my sins.**

*My dear children, I write this to so that will not sin. But if anybody does sin, we have one who speaks to the Father in our defense— Jesus Christ, the Righteous One. He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. I John 2: 1 -2*

**O Merciful Father, I am so sorry for turning away from your will for my life. I am sad that I have not kept your commands, laws and plans. I regret turning away from you. I turn back to you now and turn away from sinful and arrogant ways.**

*Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight, so that you are proved right when you speak and justified when you judge.*

## Lesson 7c

*Surely I was sinful at birth, sinful from the time my mother conceived me. Surely you desire truth in the inner parts; you teach me wisdom in the inmost place. Cleanse me with (Jesus' blood) hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. 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. Then I will teach transgressors your ways, and sinners will turn back to you. Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness. O Lord, open my lips, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. In your good pleasure make Zion prosper; build up the walls of Jerusalem. Then there will be righteous sacrifices, whole burnt offerings to delight you; then bulls will be offered on your altar. Psalm 51:1-19 (When I pray, I pray Jesus' blood instead of hyssop and end verse 19 with: Then there will be one righteous sacrifice, Jesus Christ, the Son of God.)*

**O Merciful LORD, I place all my sins, past, present and future, known and unknown, intentional and unintentional in the body of Christ where he was put to death on the cross and ask that I might die to sin and live for righteousness. Yes Lord I ask forgiveness based on the blood of Christ, which cleanses me from all sin.**

*He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed.*<sup>NIV</sup> 1 Peter 2:24

*For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive by the Spirit,*<sup>NIV</sup> 1 Peter 3:18

*He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world. 1 John 2:2*

*he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, Titus 3:5*

**O Perfect One, I renounce my sin. Please show me if there is anything I need to do to restore anything that I have taken, either physically or spiritually from another.**

*But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." Luke 19:8*

**O Understanding Father, Thank you for continually forgiving me. Help me to always forgive others and follow Jesus' instruction. If there be any wicked way in me that needs additional help from your servants here on earth, show me to whom to turn for guidance. Thank you.**

*If he sins against you seven times in a day, and seven times comes back to you and says, 'I repent,*

## Lesson 7c

*'forgive him." Luke 17:4*

**Father, Jesus and Holy Spirit, I ask to walk in the light with you and with other Christians. I ask to be honest with other Christians about my sins and to be open to others as you lead me.**

*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. I John 1:7*

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:16*

**Holy Spirit, lead me to confess during prayer with other believers (only) as you lead me. Please give me discernment to confess to those who can help bear my burden in the spirit of humility. I pray that they will be persons who can keep a confidence and can help me overcome temptation. Guide me to tell only what is necessary and not go into details that may tempt or hurt another. May I never blame anyone else for my sin but accept fully my responsibility.**

*Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Galatians 6:1*

**Lord Jesus, Thank you that I may now draw near to God and enter into his presence in assurance of faith.**

*Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. Hebrews 4:14*

*Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16*

*Therefore he is able to save completely those who come to God through him, because he always lives to intercede for them. Hebrews 7:25*

*Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, Hebrews 10: 19*

*let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Hebrews 10:22*

**Rev 7/2010**