

SIN AND CONFESSION

1 Peter 2:11-12, 24-25



SYNOPSIS

We continue on in our Soul Care series as we reflect on one of the most detrimental aspects to our soul: sin. Often times, we can adopt a "fake it till you make it" mentality as we try to fake our way towards maturity. We become more concerned with our outer appearance than our inward health. John Ortberg says soul language has to include sin language, because sin obliterates wholeness.

When we consider sin, we realize that sin disintegrates the soul. Mark 8:36 says "For what does it profit a man to gain the whole world and forfeit his soul?" And though we may have grown up thinking this is talking about the end destination (which is certainly an aspect of it), another aspect is the ruined soul along the way. When we allow unconfessed sin to run rampant in our life, our soul cannot be whole - it cannot function properly. We can so easily fall into a cycle of indulgence and regret.

We realize that ultimately confession is what is needed to integrate our soul. Deep honesty rather than religious rhetoric is what will heal our soul. Confession is the first step towards integrating and bringing care to our soul. Let's allow the work of the Holy Spirit to dig deep into our soul to convict us of sin so that we can begin the process of confession and the integration of the soul.



2 IMPORTANT POINTS

1 SIN DISINTEGRATES THE SOUL

The idea of disintegrating soul is made clear from James (1:8) - such a person is double minded, unstable in all that they do. (4:8) - double minded [Greek Word: dipseukos] - two souls that are at work / disintegrated, destroying a life that is meant to be whole. We can easily rationalize sin and get stuck in the indulgence and regret cycle, (or the "What the Hell" effect) [Giving into temptation > What the Hell, I already messed up anyway > Go all out on temptation > Feelings of Guilt > Seek Comfort > Repeat Cycle].

2 CONFESSION INTEGRATES THE SOUL

On the other hand, confession ultimately brings healing to the areas of our soul that are splintered. The Word of God can confront us (and even rewire our brain) so that we don't judge others more harshly than we judge ourselves.

Here are some practical steps for confession:

1. Confess specifically
2. Confess prior to asking forgiveness
3. Confess before someone we have hurt
4. Confess before a trusted friend
5. Confess the consequences



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DISCUSSION QUESTIONS

1

Do you approach God trying to "fake it" as a saint or do you approach Him as an "honest mess"?

2

What makes it so hard to confess our sins to others?

3

Have you ever experienced the effects of sin disintegrating your soul? Have you experienced the flip side of confession integrating your soul?

4

Do you get defensive when you receive feedback/honest truth about your sin? Why?

5

Mentioned in the sermon was the prodigal son who "came to his senses" - have you had a moment like that in your life?

6

Do you have a "soul friend" that can speak truth honestly into your life?



BIG IDEA

When we talk about soul care, we have to talk about sin - because sin disintegrates the soul. It causes us to live a 'double minded/split' life. Though we all sin, God has actually designed us in such a way that confession re-integrates our soul. It brings healing to the splintered areas of our soul. As we allow the Word of God to confront us and the Holy Spirit to convict us, let's be people that desire a healthy and whole soul, beginning the process of confession to "soul friends." And if we are without "soul friends," perhaps it is an important reminder of our need for them.