

SUPPLEMENTAL LESSON 7: MAKING AMENDS

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. - Proverbs 28:13

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. - 1 John 1:9

for-give-ness

releasing another from the penalty of sin so the relationship can be restored

con-fess-ion (of sin)

a formal statement admitting one's guilt to the one(s) wronged; acknowledgement ("to confess" literally means to say the same thing)

THE EIGHT A'S OF EFFECTIVE CONFESSION

(Adapted from Ken Sande, *The Peacemaker*)

1. _____ everyone involved.
2. _____ if, but, and maybe.
3. _____ specifically.
4. _____ the hurt.
5. _____ the consequences.
6. _____ your behavior.
7. _____ for forgiveness.
8. _____ time to heal.

You will NOT be able to confess this way unless you start by confessing to _____.

Against you, you only, have I sinned and done what is evil in your sight, so that you may be justified in your words and blameless in your judgment. - Psalm 51:4