

Confession & Healing

Free yourself to new dimensions in God

- “Your iniquities have become a separation between you and your God, and your sins have hidden His face from you so that He does not hear.” Isa 59:2

The need for confession

- **Why confess?**
- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 Jn 1:9 (NIV)
- Proverbs 28:13 tells us, “He who **covers** his transgressions will not prosper, but whoever **confesses** and forsakes them will obtain mercy.”

Confession allows us to

- Be Forgiven from God and man*
- Be Purified from all unrighteousness
- Obtain Mercy from God

The Mouth and Heart

- Deuteronomy 30:11-14 New International Version (NIV)
- 11 Now what I am commanding you today is not too difficult for you or beyond your reach. 12 It is not up in heaven, so that you have to ask, “Who will ascend into heaven to get it and proclaim it to us so we may obey it?” 13 Nor is it beyond the sea, so that you have to ask, “Who will cross the sea to get it and proclaim it to us so we may obey it?” 14 No, the word is very near you; it is in your mouth and in your heart so you may obey it.

The Mouth and Heart

- Romans 10:10 New International Version (NIV)
- 10 For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

Is it mouth or heart?

- Jeremiah 31:31-34 New International Version (NIV)
- ³¹ “The days are coming,” declares the LORD,
“when I will make a new covenant
with the people of Israel
and with the people of Judah.
³² It will not be like the covenant
I made with their ancestors
when I took them by the hand
to lead them out of Egypt,
because they broke my covenant,
though I was a husband to ^[a] them, ^[b]”
declares the LORD.

Is it mouth or heart?

- Jeremiah 31:31-34 New International Version (NIV)
- ³³ “This is the covenant I will make with the people of Israel after that time,” declares the LORD.
“I will put my law in their minds
and write it on their hearts.
I will be their God,
and they will be my people.
³⁴ No longer will they teach their neighbor,
or say to one another, ‘Know the LORD,’
because they will all know me,
from the least of them to the greatest,”
declares the LORD.
“For I will forgive their wickedness
and will remember their sins no more.”

Mouth and Heart healing

- Mark 7:15-16 New International Version (NIV)
- ¹⁵ Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.” [16] [\[a\]](#)

Detoxing for spiritual healing

- Confess your sin (where you missed the mark)
- Go and sin no more (what does that mean to you?)
- Try to make peace with the people who you have a damaged relationship
 - 17Do not repay anyone evil for evil. Carefully consider what is right in the eyes of everybody. 18If it is possible on your part, live at peace with everyone. 19Do not avenge yourselves, beloved, but leave room for God's wrath. For it is written: "Vengeance is Mine; I will repay, says the Lord." Romans 12:18

Detoxing for spiritual healing

- Try to make peace with the people who you have a damaged relationship
 - leave your gift there before the altar. First go and be reconciled to your brother; then come and offer your gift. Matthew 5:24
 - So then, let us pursue what leads to peace and to mutual edification. Romans 14:19

Detoxing to strengthen your walk (Heart health)

- **Let the Lord examine your Heart and Ways**
- “Prove me, O Lord, and try me; test my heart and my mind” ([Psalm 26:2](#)).
- But who can discern their own errors? Forgive my hidden faults.
¹³ Keep your servant also from willful sins; may they not rule over me. Then I will be blameless, innocent of great transgression. ([Psalm 19:12–13](#)).
- “Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name” ([Psalm 86:11](#)).

Detoxing to strengthen your walk (Eye health)

- **Refocus your vision**
- “Turn my eyes from looking at worthless things; and give me life in your ways” ([Psalm 119:37](#)).
- Luke 11:34 - Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness.
- Matthew 13:15 For this people's heart has grown dull, and with their ears they can barely hear, and their eyes they have closed, lest they should see with their eyes and hear with their ears and understand with their heart and turn, and **I would heal them.**'

Detoxing to strengthen your walk (Mouth health)

- **Use your words as sacred communication**
- “Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer” ([Psalm 19:14](#)).
- “We will not hide them from their children, but tell to the coming generation the glorious deeds of the Lord, and his might, and the wonders that he has done” ([Psalms 78:4](#)).
- “I say to the Lord, ‘You are my Lord; I have no good apart from you’” ([Psalms 16:2](#)).

Detoxing to strengthen your walk (body health)

- **Actions speak louder than words or do they?**
- 1 John 3:18 Little children, let us not love in word or talk but in deed and in truth.
- James 2:17 So also faith by itself, if it does not have works, is dead.
- James 1:22 But be doers of the word, and not hearers only, deceiving yourselves.
- James 3:13 Who is wise and understanding among you? By his good conduct let him show his works in the meekness of wisdom.

Detoxing to strengthen your walk (body health)

- **Actions speak louder than words or do they?**
- Titus 1:16 They profess to know God, but they deny him by their works. They are detestable, disobedient, unfit for any good work.

Let the healing begin

- So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. ([2 Cor 4:16-18](#))

Let the healing begin

- **Sickness is not always about us**
- Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction, so that **we may be able** to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. ([2 Cor 1:3-4](#))
- *Three different times I begged the Lord to take it away. Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. (NLT) 2 Corinthians 12:8-9*

Let the healing begin

- **Unconfessed sin**
- *Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. (James 5:16, NLT)*
- **Lack of Faith**
- Matthew 9:20-22, Just then a woman who had suffered for twelve years with constant bleeding came up behind him. She touched the fringe of his robe, for she thought, "If I can just touch his robe, I will be healed."
- Jesus turned around, and when he saw her he said, "Daughter, be encouraged! Your faith has made you well." And the woman was healed at that moment. (NLT)

Let the healing begin

- **Did you ask?**
- James 4:2 plainly states, "You do not have, because you do not ask." ([ESV](#))
- **You are in Need of Deliverance first**
- *And you know that God anointed Jesus of Nazareth with [the Holy Spirit](#) and with power. Then Jesus went around doing good and healing all who were oppressed by the devil, for God was with him. (Acts 10:38, NLT)*

Let the healing begin

- **You are in Need of Deliverance first**
- One Sabbath day as Jesus was teaching in a synagogue, he saw a woman who had been crippled by an evil spirit. She had been bent double for eighteen years and was unable to stand up straight. When Jesus saw her, he called her over and said, "Dear woman, you are healed of your sickness!" Then he touched her, and instantly she could stand straight. How she praised God! (Luke 13:10-13)

Let the healing begin

- **Your Sickness is for God's Glory**

- John 11: 1-40

- ⁴⁰ Jesus responded, "Didn't I tell you that you would see God's glory if you believe?" ⁴¹ So they rolled the stone aside. Then Jesus looked up to heaven and said, "Father, thank you for hearing me. ⁴² You always hear me, but I said it out loud for the sake of all these people standing here, so that they will believe you sent me." ⁴³ Then Jesus shouted, "Lazarus, come out!" ⁴⁴ And the dead man came out, his hands and feet bound in graveclothes, his face wrapped in a headcloth. Jesus told them, "Unwrap him and let him go!"

- **Your Sickness will be healed in God's time**

- *He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever. (Revelation 21:4, NLT)*