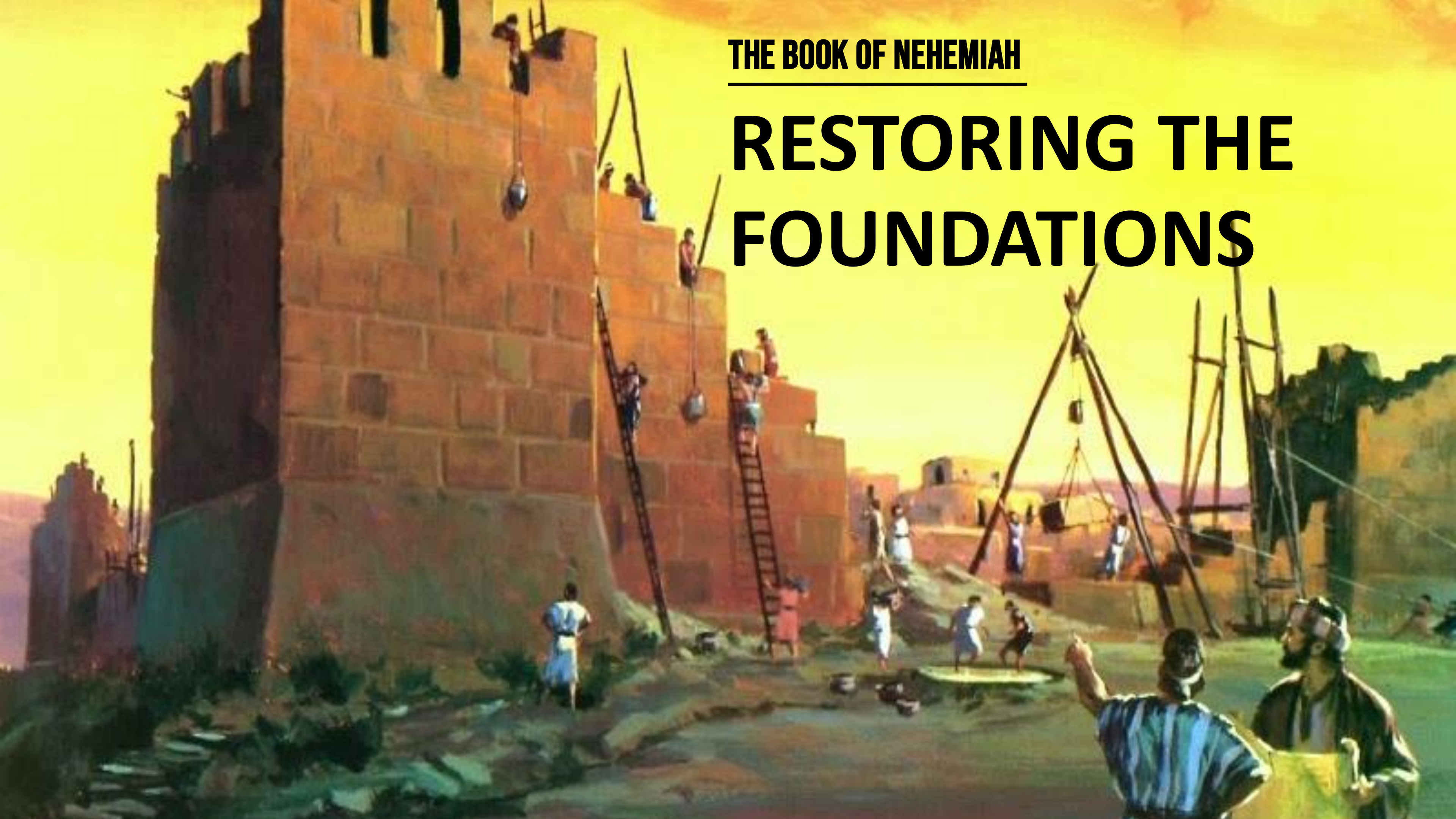


**THE BOOK OF NEHEMIAH**

# **RESTORING THE FOUNDATIONS**





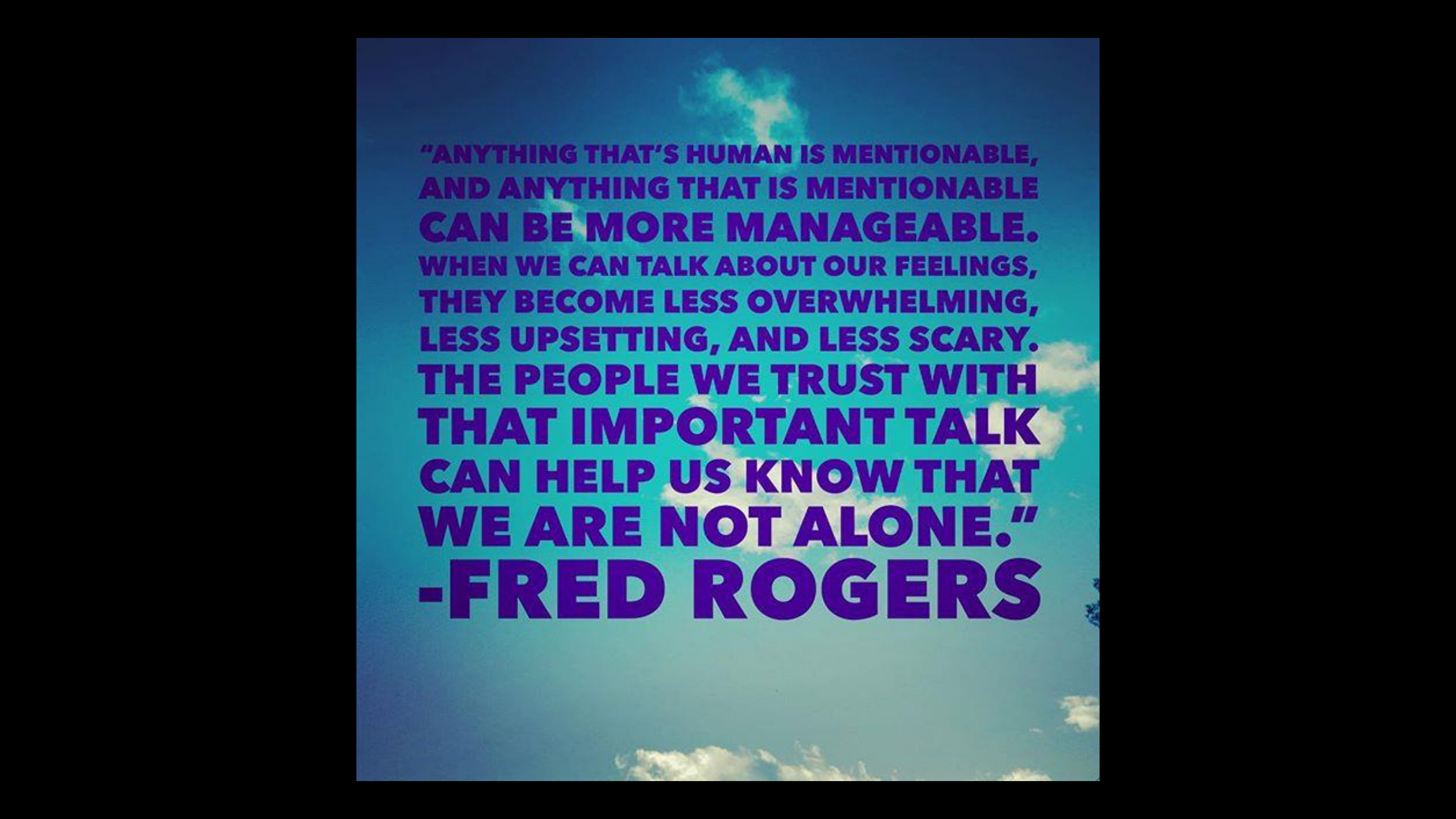


# **Nehemiah 9**

# **Confession and Commitment**

**THE BOOK OF NEHEMIAH RESTORING THE FOUNDATIONS**





**"ANYTHING THAT'S HUMAN IS MENTIONABLE,  
AND ANYTHING THAT IS MENTIONABLE  
CAN BE MORE MANAGEABLE.  
WHEN WE CAN TALK ABOUT OUR FEELINGS,  
THEY BECOME LESS OVERWHELMING,  
LESS UPSETTING, AND LESS SCARY.  
THE PEOPLE WE TRUST WITH  
THAT IMPORTANT TALK  
CAN HELP US KNOW THAT  
WE ARE NOT ALONE."  
-FRED ROGERS**





# **MP1: What is confession?**

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**Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy**

**Proverbs 28:13**

**Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.**

**James 5:1**

**If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness**

**1 John 1:9**



- **Being honest about our sin to each other**
- **Being honest about our sin to God**



# **Puppet Sketch video**

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# **MP2: Why do we need confession?**

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## **MP2: Why do we need confession?**

**Brothers, listen! We are here to proclaim that through this man Jesus there is forgiveness for your sins. Everyone who believes in Him is made right in God's sight—something the law of Moses could never do.**

**Acts 13:38-39**



## **MP2: Why do we need confession?**

**God made him who had no sin to be sin for us,  
so that in him we might become the  
righteousness of God  
2 Corinthians 5:21**

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## **MP2: Why do we need confession?**

**When I kept silent, my bones wasted away through my groaning all day long... my strength was sapped as in the heat of summer. Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord."**

**Psalms 32:3-5**



## MP2: Why do we need confession?

**Sin + silence = Suffering**

**Sin + confession = Healing**

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# **MP3: How do we confess?**

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## **MP3: How do we confess?**

**Unhealthy confession focuses on us**

**Healthy confession focuses on God**

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Unhealthy Confession	Healthy Confession	Bible references
Focused on my needs, my weaknesses, and my shortcomings	Connects my need with God’s grace, his strength and his limitless provision	2 Corinthians 12:9
Begging God to forgive me	Only possible when I know He already has	2 Peter 1:5-9
Motivated by a perceived need to restore relationship with God	Only possible when I am secure in his promise that he will never leave nor forsake me	Hebrews 13:5
Always follows sin	Begins to pre-empt sin by being honest about my weaknesses and vulnerabilities	James 4:6
Agrees with the Accuser that I am still a miserable sinner	Agrees with the Holy Spirit that I am still a saint despite what I did	John 16:10
Perpetuates a cycle of self-reliance and death	Empowers me to walk in newness of life	Acts 13:46



**Confession for salvation**

**But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’ I tell you that this man, rather than the other, went home justified before God.**

**Luke 18:13-14**



**Confession of Sins**

**I recognize my rebellion;  
it haunts me day and night.**

**Against you, and you alone, have I sinned;  
I have done what is evil in your sight**

**Psalms 51: 3-4**

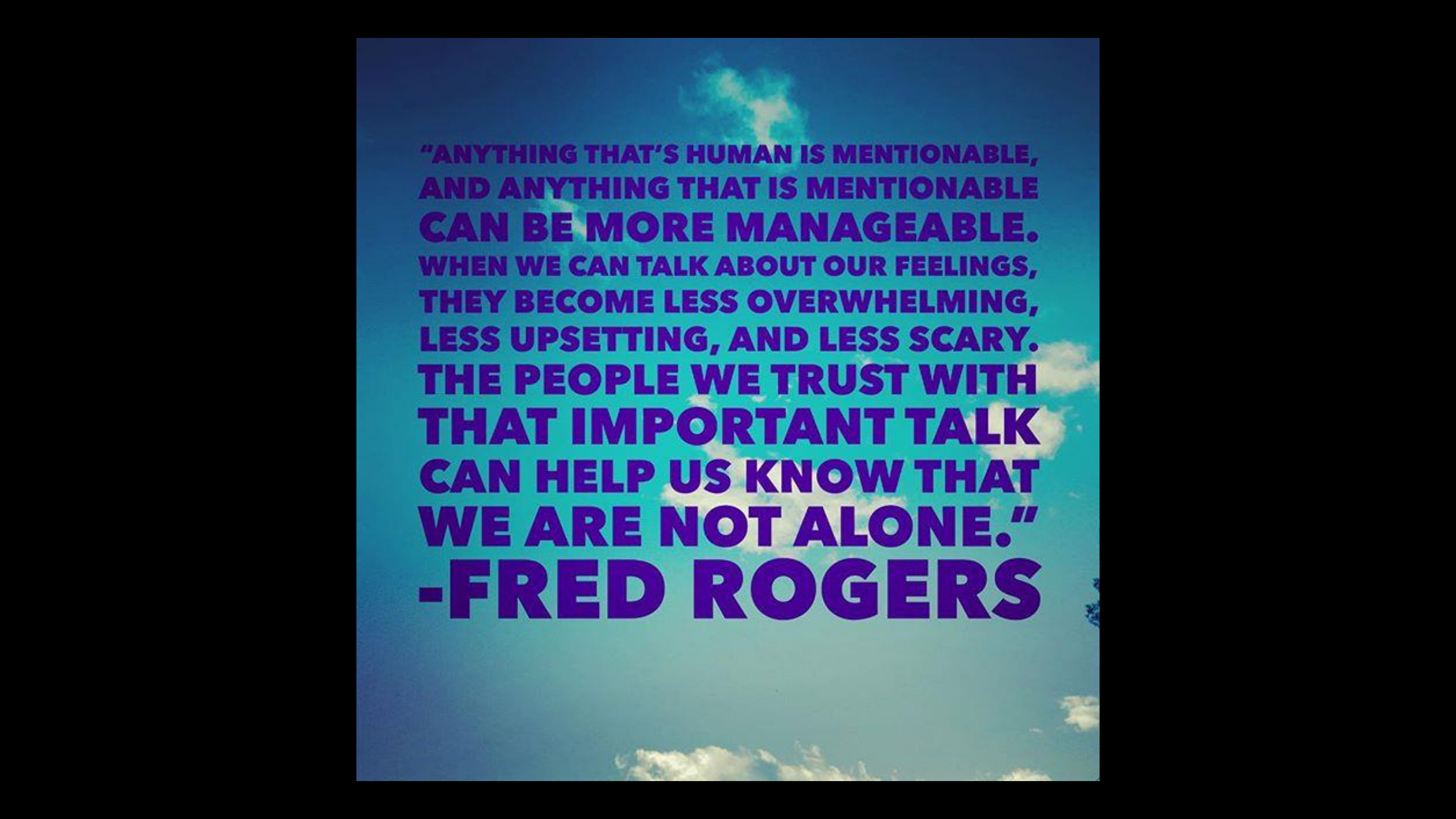


**Confession in times of suffering**

**He said to them, “I am so sad that I feel as if I am dying. Stay here and keep awake with me.” Jesus walked on a little way. Then he knelt with his face to the ground and prayed, “My Father, if it is possible, don’t make me suffer by having me drink from this cup. But do what you want, and not what I want.”**

**Matthew 26:38-39, CEV**





**"ANYTHING THAT'S HUMAN IS MENTIONABLE,  
AND ANYTHING THAT IS MENTIONABLE  
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THEY BECOME LESS OVERWHELMING,  
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The background of the slide is a painting depicting the construction of the Tower of Babel. It shows a massive, multi-tiered stone structure under construction, with numerous workers on ladders and scaffolding. The scene is set in a hilly, arid landscape under a bright, hazy sky. In the foreground, two men are visible: one in a blue and white striped tunic pointing towards the tower, and another in a brown tunic looking on. The overall tone is one of ambitious, perhaps misguided, human endeavor.

# **What next?**

## **Confession and Commitment.**

- **Has God spoken to our hearts about an area of confession needed?**
- **Has God highlighted we need a new approach to healthy confession-to Him and to others?**
- **What does God want us to commit to today?**