

## Components of Prayer– Confession

Use the following tool as a way to engage with the Lord in confessional prayer. Allow the Holy Spirit to search your heart and freely communicate with the God who loves you and is passionate about His relationship with you. You will need a place to journal, either on paper or digitally. (Scripture quotations are in NKJV translation)

### Step One– Pray through Scripture

Take a few moments and begin your prayer time with the following passage. Take each verse and turn it into a prayer.

*“Search me, O God, and know my heart;  
Try me, and know my anxieties;  
And see if there is any wicked way in me,  
And lead me in the way everlasting.”*

**Psalm 139:23-24**

### Step Two– Search your Heart

Prayerfully ask the following questions and invite the Holy Spirit to search your heart in these areas. Remember, He reveals to heal. Anything He shows you is an invitation to help you. Journal some of the areas that you see you need His forgiveness and grace to overcome. Scripture references are provided for further prayer and study.

#### **Thoughts**

- Has my thought life been glorifying to God? (2 Cor 10:5; Rom 12:2)
- Are there things that I have been thinking about that are sinful? (Php 4:8)
- Am I secretly harboring any resentment against anyone in my life? (Eph 4:32; Matt 6:14; Col 3:13)

#### **Words**

- Have my words been lifting people up or tearing them down? (Eph 4:29; Prov 18:21)
- Are there things that I have spoken for which I need forgiveness (from God or another)?
- Have any of the following sinful patterns affected my speech lately? (Eph 5:4; Col 3:8; Jas 4:11)
  - \* Lying, Foolish Talking, Coarse Jesting, Backbiting, Gossip, Filthy Language, Profanity

#### **Actions**

- Am I sinning in any area of my life? (1 Jn 1:9)
- Have I been avoiding obedience in any area of my life? (Jn 14:15; 1 Jn 5:3; Lk 6:46)

## **Step Two- Search your Heart (Continued)**

### **Attitudes**

- Have I been displaying a humble, loving attitude? (Rom 12:10; Php 2:3; 1 Cor 13)
- Have I become bitter about my circumstances or a situation in my life? (1 Thess 5:16-18; James 1:2)
- Would “Christ-like” define the way that I treat people around me? (John 13:34; Php 2:5)

## **Step Three- Confess to the Lord**

Go through the list in Step Two and confess to the Lord what He has revealed. Take some time to talk with Him. Remember, He is a good Father and wants what is best for you. Be specific. For example, “Lord, I know that I have not had a good attitude this week. I confess that I have not been pleasing to you in the way that I have been treating my children...” Confess each area, ask His forgiveness, and then receive it. Picture yourself laying a burden at His feet and allowing Him to take it.

Then thank Him for cleansing you from all sin because of Jesus’ death and resurrection. Allow gratitude to well up in your heart for the amazing promise of forgiveness and restoration that we can receive any time that we come to the Lord.

## **Step Four- Make it a Prayer**

Now that you have confessed and received the forgiveness of God, take each of these areas of sin and weakness and turn it into a cry for His help. Invite Him to discipline you as your Heavenly Father and admit your total dependence on Him. Ask Him to help you to grow in each of these areas.

Ask Him for specific ways that you can grow in these areas and write down a list of action points to follow through on. If you need to confess something to another person, ask the Lord to prepare each of you for the conversation. This is the transformative aspect of confession.

The more you practice confession, the more sensitive you become to the Holy Spirit in your life. When you sense that there is something to confess in your life, do not put it off. Confess and repent right away and enjoy unhindered intimacy with the Lord.

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