

THE JOY OF CONFESSION

Psalms 32

FORGIVENESS BRINGS HAPPINESS

Psalms 32:1-11

Sin is pure unhappiness. Forgiveness is pure happiness.

-Martin Luther

Unconfessed sin is like carrying a burdensome weight on your back. At first it's manageable, but after some time even a relatively light load weighs you down. There is a great relief and joy that comes when you get to release that weight.

Know Your Sin. Fight Your Sin. Trust Your Savior.

-Jonathon Dodson

Confession: Recognizing fault and error and admitting sin first to God, then to others. There is total responsibility, no blaming, no justifying. "I'm sorry, but..." is not a true confession or apology. That's true justification with false confession.

Repentance: The hopeful follow up actions and efforts of change that should accompany true confession and recognition of sin. It is doing everything necessary to clear yourself of that action, habit, or attitude. **2 Corinthians 7**

GETTING TO THE HEART

James 1:14, 15

How to Probe for Unconfessed Sin: The easiest place to start is with known sin. Known sin is often the *fruit* of a more deeply embedded *root*. When we identify sin, we must not excuse it. When we excuse it, we allow it to live another day.

Questions to Ask: "Why did I just say that?" "Where is this coming from?" "Why do I have the desire to brag or 'one-up' somebody?" "Why do I put that person down?" "Why do I want to gossip?" "Why am I bitter?"

** **The Key Is...**do NOT let the answer start with, "because he/she/it..."

**A proper assessment is critical,
because what is at stake is your joy and God's glory.**

THE JOYFUL ROAD OF REPENTANCE

Once we recognize and confess sin, we are ready to begin persevering on the joyful road of repentance. This begins with confessing to others and entrusting ourselves to the care of our Savior. As we remind ourselves of His love toward us, our partnership with His people will bring about the heart change and deepened strength of the power of the Gospel to enable us to "put off" the deeds of the flesh and "put on" the works of the Spirit.

NOTES:

Root List Available Online

Go to lifemissionchurch.com/resources/classes/#IRH

Under **Instruments in the Redeemer's Hands**, click **View/Download Sin Root List**. Spend time going through this as a way to help you identify the deeper roots of sin in your life.

This Week's Scripture to Memorize:

Psalms 51:10-12

¹⁰ Create in me a clean heart, O God, and renew a right spirit within me. ¹¹ Cast me not away from your presence, and take not your Holy Spirit from me. ¹² Restore to me the joy of your salvation, and uphold me with a willing spirit.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION CHURCH!

We'd LOVE for you to fill out the green **Connection Card** on your seat to let us know you were here today. You can drop it in the offering at the end of service or take it to one of our teammates in a **Green Shirt** at the **Connection Booth** outside - we'd love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

SERVING OPPORTUNITIES

If you've ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

GIVING

Gospel-centered generosity is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets at the end of service, give online at lifemissionchurch.com/blog/give or mail a check to our PO Box. Thank you so much!

KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns - 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey's heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at katie@lifemission.tv

JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not "graduate the faith" when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at casey@lifemission.tv.

VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

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Twitter: @YourLifeMission
[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

COMMUNITY GROUP HOMEWORK

Before you begin, have people in your group share this week's memory verse with each other.

Read **Psalm 32:1-11**. What stuck out to you in these verses or what was the most impactful from the message on Sunday? _____

Do you believe this truth from Psalm 32:1-2? Will confession of sin really make us happier? And if so, what prevents us from doing it? _____

Do you have an example of a time that confessing sin actually lifted a burden or brought about joy like this Psalm says? _____

Look over again at **Psalm 32:3,4,10**. Now read **1 Corinthians 11:27-32**. What is the outcome with unconfessed sin? According to verse 32, why does the Lord discipline us in this? _____

Read **James 5:16** and **Hebrews 3:12-13**. How can we be restored and guard ourselves and others from falling back into the deceitfulness of sin? _____

How can confession and repentance of sin help promote joy and awe in your life? _____

Read **Romans 6:12-14**. As chosen children who have been brought from death to life, God tells us to present ourselves to him as instruments for righteousness. Are you allowing sin to reign in your body? Are there areas of life that you see that you are not being proactive in the war against sin? How is your battle against these common sin areas?

- Anger/bitterness
- Lust/Sexual Immorality
- Self-Righteousness/Legalism
- Cynicism/Apathy
- Greed/Stinginess/Lack of Generosity
- Manipulating
- Fear/Worry/Anxiety/Depression
- Lack of Passion/Devotion to God

Take time in your group to confess and repent of any hidden sin or sin that you are having a hard time battling. Encourage one another with the Gospel. Spend time in prayer praising God for covering our transgressions by the blood of Jesus and for calling us into joy!



Making Disciples Who Make Disciples Locally and Globally,
Who are Saved, Equipped, and Sent by the Gospel.



THE JOY OF CONFESSION

Psalm 32 // May 1, 2016

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

ROOT LIST

But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

James 1:14-15 (ESV)

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|---|---|--|
| <p>DESIRE (ROOT): Inner Lust of the Flesh. Idols Lies You Believe Heart Issues</p> | <p>Write out the various desires and longings that you have. Be as specific as you can with describing them.</p> | |
| <p>SIN (FRUIT): Actions Words and Thoughts Ways You are Not Like Christ</p> | <p>Be specific in listing out the varying sins that have come to fruition.</p> | |
| <p>DEATH (RESULT): Consequences of Your Sin Shattered Aspects of Life</p> | <p>What has resulted in your life due to your sin? What has been wrecked because of your sin?</p> | |
| <p>RESTORATION: Who Have You Sinned Against?</p> | <p>Who have you sinned against, and in what ways? Be specific with specific instances. What do you need to ask forgiveness for?</p> | |

**You have made us for yourself, oh Lord.
 Our hearts are restless, until they find their rest in You.
 -Augustine**

Idol Hunting Test (partially adapted from JD Greer's book, **Gospel**)

- What things are you most passionate about?
- What do you first think of when you wake up, go to bed, and during the day?
- Where do you turn for comfort when things are not going well?
- What one thing do you most hope is in your future?
- What is the one thing you most worry about losing?
- If you could change one thing about yourself right now, what would it be?
- What thing have you sacrificed the most for?
- Who is there in your life that you feel like you can't forgive, and why?
- When do you feel the most significant?
- What triggers depression in you?

**Worry, fear, sadness, and depression are smoke
from the fires rising from the altars of idolatry.
-Augustine**

SUBTLE SINS AND IDOLATRY EXPOSURES

- Bitterness
- Entitlement
- Frustration/Irritation
- Bossiness
- Defensiveness
- Stubbornness
- Arrogance
- Anger
- Material Things
- Past Hurts
- Apathy
- Sins We've Committed
- Controlled by Emotions
- Critical
- Greedy/Ungenerous
- Negativity
- Feelings of Rejection
- Feelings of Stupidity
- Feeling Worthless
- Impulsive
- Lust for Pleasure
- Strive to Repay Kindness
- Can't Take Compliments
- Opinionated
- Overly Sensitive
- Can't Take Any Criticism
- Passivity
- Blame Shifting
- Resentful
- Self-Depreciation
- Self-Pity
- Self-Reliance
- Temper
- Workaholic
- Laziness
- Manipulative
- Confrontational
- Spins the Truth
- A Need to Always be Right
- Hyper-Competitive
- Sore Loser
- Lying
- Great Pride or Identity From Something Other Than Jesus (College, Education, Nationality, Political Affiliation, Job/Resume, etc.)
- Gloating Winner
- Say Things With Irritable Tone, i.e.:
 - "Are you serious?!"
 - "I am so irritated right now."
 - "I told you so."
 - "Are you kidding me!?"
- Unreliable
 - "I promise, this time..."
 - Constantly Late
- Apologize, then Excuse
 - "I'm sorry, but..."
- Comparing Yourself to Others
- Comparing Spouse to Others
- Mean-Spirited
- Sexual Lust
- Holds Grudges
- Wonders "What's in it for me?"
- Clingy
- Need to Always Upgrade (car, electronics, clothing, house, etc.)
- Need to Always be in the Loop
- Don't Like to See Others, Especially "Enemies," Succeed or be Happy
- Insecurity
- Cause Arguments
- Obsessed with Appearance
- Interrupts in Conversation
- Prejudice
- Judgmental
- Name-Dropper
- Brag About Anything (money, accomplishments, job, kids, etc.)
- Worry About the Future
- Anxiety
- Self-Reliance
 - "I Got This."
 - Refuse Help When Offered
 - Won't Ask for Help
- Wastes Time at Work
- Vindictive
- Dismissive
- Waste Lots of Time
- Bad With Money/Poor Spending Habits
- Childish
- Makes Impulsive Decisions
- Justify Mistakes
- Irresponsible