

# Confession, repentance and forgiveness in Counseling

How do I know if I am getting anywhere in counseling/discipleship?

What do I do when I am stuck?

How do I determine if I truly have a counselee or not?

When does someone graduate counseling?

Often, the answer to these questions comes down to Confession, Repentance and Forgiveness

## Pray

Proverbs 28:13

1 John 1:5-10

## Define terms

Confession

- Saying specifically what was done against God or others.

Repentance

- Recognizing the hurt, asking for forgiveness and seeking change

Forgiveness?

What it's not

- Forgetting
- Excusing
- Trusting
- Accepting bad behavior

What is it?

- Choosing to forgive because Christ forgave you

## Why should we forgive?

1. Christ first forgave us
2. Bitterness defiles many
  - You
    - Piece of small glass in your hand
  - Relationship with others

3. You cannot love without forgiving

### **Signs of a hard heart?**

- Not doing homework
- Relational strife
- Not “Getting anything out” of time in the Word and prayer

1. **Address** everyone involved (All those whom you affected)
2. **Avoid** if, but, and maybe (Do not try to excuse your wrongs)
3. **Admit** specifically (Both attitudes and actions)
4. **Acknowledge** the hurt (Express sorrow for hurting someone)
5. **Accept** the consequences (Such as making restitution)
6. **Alter** your behavior (Change your attitudes and actions)
7. **Ask** for forgiveness