

Connected in Christ:

Twelve Steps for the Rest of Us

Confession

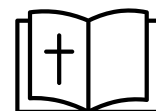
In Step 4 we looked deeply into our behaviors from our past. In step 5 we admit them to God and another person. Yes, God already knows our wrongdoings but admitting them to another person helps to make them real. On our own we can rationalize and minimize these things, but it is harder to do when we share them with another person.

Step 5 is confessional...we do this not because God needs to hear it, but because we need to get honest.

Step Five

We admitted to God, ourselves, and another human being the exact nature of our wrongs.

The
Rev. Tom Scornavacchi



*“Happy are those whose transgression is forgiven, whose sin is covered. Happy are those to whom the LORD imputes no iniquity, and in whose spirit there is no deceit. While I kept silence, my body wasted away through my groaning all day long.”
(Psalm 32:1-3)*

Reflection:

One more thing...all these symptoms reveal the exact nature of our wrongs. Many of us discover that our behaviors reveal these underlying concerns: we are selfish, self-centered, and fearful. Most of our decisions and behaviors are based on one or more of these characteristics.



Reflection Questions

*"So confess your sins to one another, and pray for one another, and this will cure you."
(James 5:16)*

- Recently, when did my behavior come from a position of fear?
- How do I feel when I uncover the truth that I am selfish and self-centered?
- Where do we hear stories in the Bible that reveal these truths.

