

**Study questions**

1. Describe the conditions of obtaining God's mercy. (Par. 2).
2. To whom do we confess our sins and our faults? (3).
3. From whom do we seek forgiveness first, God or others? (3).
4. Who have not fulfilled the first condition of acceptance? (4).
5. What is the only reason we do not have remission of sins? (4).
6. What should describe our confession of sin? (4).
7. To whom do we confess our sins? (5).
8. How specific and to the point should our confession be? (5).
9. What makes confession acceptable to God? (7).
10. What must you do in order not to remain blind to your sin? (8).

11. Describe the confession of someone blind to their sins. (8).
12. What spirit originated with Satan? (9).
13. What does true repentance do? (9).
14. What will not be part of genuine confession? (10).
15. How will the sinner bring his sins before God? (11).

**Thought questions**

1. How many times should I confess the same sin?
2. What should I confess only to God?
3. What does confession do for the person confessing?
4. How specific is specific confession?
5. Why is it so difficult to tell others that I am sorry?
6. What if others do not receive your confession?
7. Is there a time when confession would not be appropriate?
8. Is it necessary to speak my confessions out loud?
9. What should I say in my confession?
10. Should I confess when the other person was really at fault?
11. What if I know the other person will use my confession to try and injure me; should I just confess to God only?
12. How should I handle my child when I know they have done something wrong and are trying to hide it?
13. Someone injured me greatly, and then came and confessed to me. How can I handle my bad feelings towards them?
14. Should an explanation ever accompany confession?
15. How much should I say about others in my confession?
16. What does confession do for ME?
17. Should I stop confessing until I gain victory over the sin?
18. I confessed, but I still feel guilty. Should I confess again?
19. "Should I tell my husband/wife about an affair I had ten years ago? I just need to get this off my back."
20. [Add your questions].

**Problem Solving**

The following lady is now 35 years old, having become a Christian at 26. While in college, at 22 years of age, she had an abortion. She was unmarried at the time, but later married another Christian man who was not the father of her child. She has told no one, not even her husband. She has frequent moments of severe depression, feeling that she has killed her baby, but is afraid to tell her husband for fear that he might leave her. Her spiritual life has disappeared as a result of the guilt, and it seems there is no way to ever remedy the situation. Satan is constantly attacking her, telling her that she has committed the unpardonable sin. What advice would you give to this woman for her spiritual problem?

Notes: You might work with the following information: causes, options, solutions, decisions, scriptures that apply.



### Ellen G. White Quotations

“If we have in any manner defrauded or injured our brother, we should make restitution. If we have unwittingly born false witness, if we have misstated his words, if we have injured his influence in any way, we should go to the ones with whom we have conversed about him, and take back all our injurious misstatements.” (*Thoughts from the Mount of Blessing*, pp. 59).

“Jesus teaches that we can receive forgiveness from God only as we forgive others. It is the love of God that draws us unto Him, and that love cannot touch our hearts without creating love for our brethren.” (*Thoughts from the Mount of Blessing*, p. 113).

“God’s forgiveness is not merely a judicial act by which He sets us free from the condemnation. It is not only forgiveness for sin, but reclaiming from sin.” (*Thoughts from the Mount of Blessing*, p. 114).

“But the question of how and to whom sins should be confessed is one that demands careful, prayerful study. We must consider it from all points, weighing it before God and seeking divine illumination. We should inquire whether to confess publicly the sins of which we have been guilty will do good or harm. Will it show forth the praises of Him who has called us out of darkness into His marvelous light? Will it help to purify the minds of the people, or will the open relation of the deceptions practiced in denying the truth have an after influence to contaminate other minds and destroy confidence in us?” (*Testimonies for the Church*, vol. 5, pp. 646, 647).

“How mistaken are those who imagine that confession of sin will detract from their dignity, and lessen their influence among their fellow men. Clinging to this erroneous idea, though seeing their faults, many fail to confess them, but rather pass by the wrongs they have done others, so embittering their own lives, and shadowing the lives of others. It will not hurt your dignity to confess your sins.” (*Selected Messages*, vol. 1, pp. 326, 327).

“If we have injured others through any unjust business transaction, if we have overreached in trade, or defrauded any man, even though it be within the pale of the law, we should confess our wrong, and make restitution as far as lies in our power. It is right for us to restore not only that which we have taken, but all that it would have accumulated if put to a right and wise use during the time it has been in our possession.” (*The Desire of Ages*, p. 556).

“We should not think that unless those who have injured us confess the wrong we are justified in withholding from them our forgiveness... but we are to have a spirit of compassion toward those who have trespassed against us, whether or not they confess their faults. However sorely they may have wounded us, we are not to cherish our grievances and sympathize with ourselves over our injuries; but as we hope to be pardoned for our offenses against God we are to pardon all who have done evil to us.” (*Thoughts from the Mount of Blessing*, pp. 113, 114).

“It is a close test upon the courage of men and women to be brought to face their own sins and to frankly acknowledge them. To say, ‘That mistake must be charged to my account,’ requires a strength of inward principle that

the world possesses in but a limited degree. But he who has the courage to say this in sincerity gains a decided victory over self and effectually closes the door against the enemy.” (*Testimonies for the Church*, vol. 4, pp. 336, 337).

“We are not forgiven *because* we forgive, but as we forgive. The ground of all forgiveness is found in the unmerited love of God, but by our attitude toward others we show whether we have made that love our own.” (*Christ's Object Lessons*, p. 251).

“God may and will forgive the repenting sinner, but though forgiven, the soul is marred; the power of the elevated thought possible to the unimpaired mind is destroyed. Through all time the soul bears the scars.” (*Fundamentals of Christian Education*, p. 195).

“With intense interest the unfallen worlds had watched to see Jehovah arise, and sweep away the inhabitants of the earth. And if God should do this, Satan was ready to carry out his plan for securing to himself the allegiance of heavenly beings. He had declared that the principles of God’s government make forgiveness impossible.” (*The Desire of Ages*, p. 37).

“That prayer of Christ for His enemies [‘Father, forgive them; for they know not what they do.’] embraced the world. It took in every sinner that had lived or should live, from the beginning of the world to the end of time. Upon all rests the guilt of crucifying the Son of God. To all, forgiveness is freely offered.” (*The Desire of Ages*, p. 745).

“Many a sin is left unconfessed, to be confronted in the day of final accounts; better far to see your sins now, to confess them, and put them away, while the atoning Sacrifice pleads in your behalf.” (*Fundamentals of Christian Education*, p. 239).

“The people of God must move understandingly. They should not be satisfied until every known sin is confessed; then it is their privilege and duty to believe that Jesus accepts them.” (*Testimonies for the Church*, vol. 1, p. 167).

“So, in the time of trouble, if the people of God had unconfessed sins to appear before them while tortured with fear and anguish, they would be overwhelmed; despair would cut off their faith, and they could not have confidence to plead with God for deliverance. But while they have a deep sense of their unworthiness, they have no concealed wrongs to reveal. Their sins have gone beforehand to judgment and have been blotted out, and they cannot bring them to remembrance.” (*The Great Controversy*, p. 620).

# QUIZ - 4

Circle T for True or F for False according to the reference:

1. T F Confession should be specific. (Leviticus 5:5).
2. T F Hiding sins causes people not to prosper in their spiritual growth. (Proverbs 28:13).
3. T F Each sin should always be confessed to God, whether confession to another person is needed or not. (Psalm 32:5).
4. T F Public confession is sometimes appropriate? (Acts 19:18).
5. T F God needs for us to confess, so that He will know what we have done. (Hebrews 4:13).

Use one or more words to answer the following:

6. What must we do to others if we wish God to forgive our sins? (Matthew 6:14, 15).  
\_\_\_\_\_
7. List one thing King David prayed for regarding his sin with Bathsheba. (Psalm 51:1-4, 11, 12).  
\_\_\_\_\_
8. What two things will make confession acceptable with God? (SC 4.7).  
\_\_\_\_\_
9. If we confess our sins, what is God faithful and just to do? (1 John 1:9).  
\_\_\_\_\_

10. List one thing a person must do if they have taken something from someone. (Ezekiel 33:15).  
\_\_\_\_\_

Circle the letter of the best answer according to the reference.

11. Which of the following would be included in a confession by a person blind to their own sin? (SC 4.8).
  - A. An excuse because of circumstances
  - B. Sincerity
  - C. A desire to make things right
  - D. An attempt to bear his guilt himself
12. What should confession be like? (SC 4.4).
  - A. Serious and forced by your conscience
  - B. Hard to do and painful
  - C. Easy to do and enjoyable
  - D. Heartfelt and freely expressed
13. What will NOT be part of a genuine confession? (SC 4.10).
  - A. Sincerity
  - B. A spirit of urgency and seriousness
  - C. An attempt to reform
  - D. An excuse for sin, or an attempt at self-justification
14. How does God pardon? (Isaiah 55:7).
  - A. Adequately
  - B. Aggressively
  - C. Abundantly
  - D. Anxiously
15. Complete the following quotation:  
  
 “The humble and broken heart, subdued by genuine repentance, will appreciate something of the \_\_\_\_\_ and the \_\_\_\_\_; and as a son confesses to a loving father, so will the truly penitent bring all his \_\_\_\_\_ before God.” (SC 4.11).