

Outline – January 15, 2023  
Genesis 3:8-13, 1 John 1:6-10  
Confessing It

Why Do We Repeat Our Mistakes

- I. **Reasons we repeat our mistakes**
  - A. We don't own it, or confess what we did the part we played
  - B. We would rather:
    - 1. Defend
    - 2. Dodge
    - 3. Deceive
  - C. Our problem: We would rather blame others
- II. **Why is blaming others so easy**
  - A. It's in our "DNA"
  - B. It goes back to the beginning
  - C. How the story unfolds
    - 1. God had everything
    - 2. God had only 1 rule
    - 3. Satan tempts Adam, he falls
    - 4. Sin enters the world
    - 5. Everything changes
- III. **Sin: "The uncomfortable word"**
  - A. Sin – the meaning
    - 1. To fall short
    - 2. To miss the mark
    - 3. To break the rule/law
    - 4. To rebel against God
    - 5. To pollute, wreak damage on what is good
    - 6. To bring death, pain, destruction
  - B. We have a sin nature
    - 1. It's a tyrannical master
    - 2. It's a death sentence
    - 3. It brings pain to life
  - C. When sin entered the world everything changed
- IV. **What happened when Adam and Eve sinned**
  - A. They hid themselves
  - B. They tried to cover it up
  - C. They tried to run from authority
  - D. They blamed others
- V. **God's response**
  - A. God went looking for them

- B. God asked questions (He already knew the answers)
- VI. **Adam & Eve's response**
  - A. Adam started blaming God
  - B. Adam started blaming Eve
  - C. "Not my fault, you did this"
  - D. This was true, but not the whole truth
- VII. **What happens when we don't tell all the truth**
  - A. If you don't own your part of your history, you lay ground work for a problematic future
    - 1. In marriage
    - 2. In vocation
    - 3. In finances
    - 4. In academics
  - B. If you don't own your past in the present, you will drag it into your future
    - 1. You will undermine your own happiness
    - 2. You can't blame yourself into a better life
- VIII. **What blaming others really does**
  - A. Causes me to carry my habits, disorders, and flaws into my future
    - 1. My poor relational skills
    - 2. My poor financial skills
    - 3. My poor decision-making skills
  - B. Blame sets me up for repeat performance
- IX. **So, what does confessing do for you relationally?**
  - A. Gives you clarity
    - 1. Truth and reality
  - B. Makes better decisions
  - C. It takes the energy out of the problem
  - D. Releases what you have been dragging around from past into your future
  - E. It's not easy
    - 1. Confessing to God
    - 2. To another
    - 3. To yourself
- X. **Here is what confession sounds like**
  - A. Top 12 most common confessions
  - B. If you don't make peace with your past, you bring it into your future
  - C. Confession
    - 1. Is embarrassing
    - 2. It's emotional
    - 3. It's ego destroying
    - 4. It's energy depleting

## XI. Confession and salvation

- A. Confession means agree with God
  - 1. My sin is wicked and wrong
  - 2. I know what it does
  - 3. I know Jesus died for it
  - 4. He forgives and cleanses
- B. When we mess up
  - 2. Sin hinders our fellowship
  - 3. But doesn't remove our relationship
- C. Confession
  - 1. Creates agreement
  - 2. Creates honesty
  - 3. Breaks deception
  - 4. Brings a better future
  - 5. Renews fellowship

**How Do You Make This Year Better?**

**Own It, Confess It**

**Don't Carry It Into Your Future**