

Confessing Sins

A. Restoring Fellowship with God

We have learned that we should confess our sins frequently. Confessing our sins using 1 John 1:9 restores our fellowship with God. He forgives us and forgets the sins. Therefore, every time we are aware of sinning, we should take the time to confess and receive our forgiveness as soon as we are able to do so. If we go a long time without any known sins (1–3 hours), then we should stop and say, “Lord, I am not aware of any known sins, but please cleanse me of the ones of which I am not aware.” We should also confess our sins every time before we approach the Lord, especially in giving tithes/offerings, doing affirmations, prayer, worship, Holy Communion, etc.

B. Four Components to Sin

As a result of confessing our sins, most of us, perhaps all, have had great improvements in our health and general lifestyle. Many praise reports have come in about the blessings of using 1 John 1:9 to call upon the Lord for forgiveness. We want to move this aspect of our lifestyle to a higher level. We want not simply to confess our sins, but also to renounce the demons, devils and evil spirits behind them and to break the covenants, agreements, and curses associated with the sins. All these can be accomplished with prayer. To begin, let me remind us that there are four components to sin. These are:

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| 1) It breaks our fellowship with God. | 1 John 1:6-9 |
| 2) It opens the door to demonic attacks. | John 5: 1-14 esp. 14 |
| 3) It affects our body and possessions. | Mark 2:1-11 esp. 9 |
| 4) It affects our relationship with others and with the world. | Josh 7 esp. v24; Rom 5:12 |

C. Removing Curses from your Life

We know that by confessing our sins, we restore our fellowship with God. However, as we can clearly see, restoring our broken fellowship with God is only one of the four components. The devil really doesn't mind a lot if we temporarily restore our fellowship with God as long as he still has his hooks into us. I say “temporary” because, with his hooks established, the devil can easily jerk on the strings and get us to sin (e.g., provoking us to anger; thereby getting us again to break fellowship with God). Therefore, in order to avoid or minimize these occurrences, the other three components must also be addressed.

We deal with the other three components by repenting, renouncing and breaking. We repent of our sins by inwardly turning our backs on the sins. We renounce satan and all his demons and evil spirits behind the sins. We also break any demonic holds or agreements which may have been connected to our lives or bodies as a result of the sins. Our lifestyle then, after **confessing**, should consist of **repenting** (including forgiving), **renouncing** and **breaking** (i.e., CRRB).

- 1) Repent (i.e. turn your back on the sins and receive your forgiveness)
- 2) Renounce the demons behind the sins (i.e. take away their legal right to attack you)
- 3) Break the curses of the sins and the holds of the demons.

As we have said, CRRB'ing should become part of your daily lifestyle. However, it is also important to cancel any ungodly words and make them null and void. Finally, when we forgive all others **from our heart** and speak blessings over them, then we also spiritually restore the relationships with those we know. So, in summary, we deal with the other three components by forgiving, repenting, renouncing and breaking to accomplish the goals below.

- 1) Repent
 - This includes forgiving all others, who have offended you.
- 2) Renounce Demonic Influences.
 - This includes restoring personal relationships.
- 3) Break Curses and strongholds.
 - This includes canceling all ungodly words, spoken by you or against you.

D. How to Pray

Heavenly Father, in the Name of Jesus, I confess all my sins (*specify the known ones and include any ungodly spoken word of which you are aware*); and in the Name of Jesus, I repent by turning my back on all sins. In the Name of Jesus, I ask You, Lord, to help me not to commit these sins again. In the Name of Jesus, I forgive every person from my heart who has ever offended me and I speak blessings over them. In the Name of Jesus, I renounce satan and every demon, devil and evil spirit behind all of my sins and I take away their legal right to be in me, on me, or to influence me in any way because of these sins. In the Name of Jesus, I break every hold, every soul tie, every curse, and every covenant every connection to evil involving these sins and the demons and evil spirits behind them. In the Name of Jesus, I cancel every ungodly word that I have spoken and make them null and void. Amen.

E. Summary Prayer

In the Name of Jesus, I forgive every person, who has offended me or wronged me; I repent of all my sins; and I renounce satan, and every demon, devil and evil spirit behind them. In the Name of Jesus, I break all holds, ties and covenants to these sins and to the evil spirits and demons behind them.

F. Guidelines

- 1) Confess known sins regularly. (Every known sin must be connected to a known incident). (*If there are no known sins, pray "Heavenly Father, In the Name of Jesus, I am not aware of any sins since the last time that I confessed, so please cleanse me of all unrighteousness."*)
- 2) Don't confess ongoing sins that are unknown (*i.e., you know that you are challenged with this sin on an ongoing basis but you are not aware of a specific incident of committing it*).
- 3) Don't confess **again** previous sins that have already been confessed.
- 4) Treat the memory of old sins as sin (*i.e. confess e.g., shame, guilt, condemnation*) then CRRB.
- 5) Walk in peace and patience.

G. Affirmations

- 1) In the Name of Jesus, I have the mind of Christ. (1 Cor 2:16)
- 2) In the Name of Jesus, God has made the words of my mouth and the meditations of my heart acceptable unto Him. (Ps 19:14). (*Do not simply read the verse in the Bible. To do so would be repetitive and indicate that you do not believe that God heard your prayer the first time.*)
- 3) In the name of Jesus, I reckon myself dead to sin but alive unto God through Christ Jesus my Lord. (Rom 6:11)

Scoring the Health Diagnostics

- A. Maximum score is 281
- B. Highest score is 265
- C. Those scoring over 200, in general, don't go to doctors or use medicines.
- D. Most people who take this Diagnostics Evaluation, are strong committed Christians. So their lifestyles incorporate most of the important and fundamental aspects of living in the Lordship of Jesus, such as reading the Bible daily, much time in prayer, daily worship, attending church frequently, etc. However, there are three **additional** items which separate these strong Christians in terms of which ones have the best health. The ones who do best in their health and/or do not need to visit doctors and use medicines and prescription drugs all practice the following three items:
 - 1. Praying in tongues a lot.
 - 2. Receiving Communion more than once per day.
 - 3. Fasting on a regular basis.

ABC Healing School
Semester 1 Module 23
Confessing Sins
Homework Assignments

1. For the next week, do 25 repetitions of each of the 3 affirmations in letter G of Module 23 on Confessing Sins.
2. Write out and bring with you to class on Sunday April 7 a list of curses/sins:
 - a. Fear.
 - *Possible high level categories:* Fear of animals, fear of heights, fear of failure, fear of public speaking, fear of sex, fear of success etc.
 - *Details within each category:* Bitten by dog at 6 years old, last Tuesday did not give boss my idea, last year when I didn't call landlord to report problem, etc.
 - b. Rejection:
 - *Possible high level categories:* parents, co-workers, friends, siblings, church members, church leaders, etc.
 - *Details within each category:* last week snubbed by co-worker, my idea rejected by my brother last year, pastor did not call last Monday like he promised, last year when no one paid attention to me at the Christmas party, etc.