

If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word has no place in our lives. 1 John 1:8-10 (NIV)

Examined

I must admit that I have never liked to be examined. I have never looked forward to being under examination. **Why is that?** Being examined might reveal a problem. **So, would you rather not know if you have a problem? Has ignoring a problem ever made it go away or get better, be resolved or fixed?** You have asked me two very good questions. If I ignore the thought that I might have a problem, then it will never be resolved or fixed or made better. I will simply live under vague unresolved stress because deep down I will know that I have an unresolved issue in my life. It is far better to know if I have a problem, than to ignore the possibility that I might have a problem. **Are there any other reasons you might want to avoid an examination?** I'm sure that pride plays a factor. **How so?** My pride might say that I have no need to be examined. It might try to suggest to me that if there is a problem it lies with someone else and certainly not with me. **How likely is that?** That a problem in my life most certainly lies with someone else? **Yes.** Not likely. If I suspect that there is a problem in my life, it certainly lies with me in part, at a minimum. **That is good for you to admit. What is another reason you might want to resist, or delay being examined?** Being examined might be painful. It might hurt to see the nature of my problem. **Will living with a problem be better than resolving a problem?** No, certainly not. **That is also good for you to knowledge.**

We have been talking about an examination of a problem. What is your problem? My problem is that I have sinned. My problem is that I will sin. My problem is that I am a sinner that is in need of your forgiveness and cleansing. **Will it help you to ignore your sin?** Not at all. **Will it hurt you to come under my examination?** No, you are kind and loving and forgiving. It is your desire to forgive, cleanse and heal my life. **Will you allow me to examine your life? Will you ask me if there are any specific sins that you need to confess to me?** Yes, I will. **Will you freely confess your sins to me?** Yes, I will. **How often will you come to me and ask me to examine your life?** Every day. **How often will you confess your sins to me?** Everyday. **That is very good. Then you will live under my forgiveness and cleansing.** Thank you, Lord.

Lord, I will make no attempt to fool myself or you. I will make no claims that I have not sinned. I have sinned and will sin. There is no doubt. Yes, I do need and ask for your forgiveness of my sin. Thank you for forgiving my sin and cleansing my unrighteousness. Amen

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you confess your sin to God so you can receive His forgiveness and cleansing.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, I will confess my sin to you so that I can receive your forgiveness and cleansing.

What Do You Want To Remember About Today?

A Question To Ask God

(What Would You Like To Ask God?)

Lord, what sin do I need to confess to you today?
