
Ten Steps To Confession and Repentance

1st **Alone** – get alone in a quiet place with your Bible, paper, and pen or your tablet or laptop

2nd **Quiet** – take a few minutes to slow down, let go, quiet yourself before God

3rd **Struggle** – expect a struggle as you work through these steps; we don't want to face our sins, secrets, or compulsive behaviors and the powers of darkness do not want us to come clean with God and others

4th **Pray** – ask God to prepare your heart for what you are about to do, to make you open to the Holy Spirit, to give you courage to move forward, and to give you a sense of his loving Presence

5th **Holy Spirit** – ask the Holy Spirit to reveal the sins in your life that you need to confess; be detailed and specific; you can't find forgiveness and healing for what you don't name

6th **List** – list every sin the Holy Spirit reveals to you no matter how hard it may be to face, name, and write down

7th **Confess** – confess your sins one at a time; spend as much time on this as you need to; consider confessing your sins to a trusted friend, family member, or pastor in the spirit of James 5:16, *"Therefore confess your sins to each other and pray for each other so that you may be healed."*

8th **Humility** – be willing to humble yourself, go to someone you have sinned against, and ask for forgiveness, or go to someone you have wronged and make things right; obey what the Holy Spirit asks you to do

9th **Forgiven** – after you finish write "FORGIVEN" across your sin list and then destroy it!

10th **Thanksgiving** – end with thanksgiving to God in Jesus for his love and forgiveness