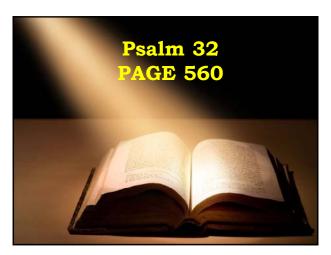
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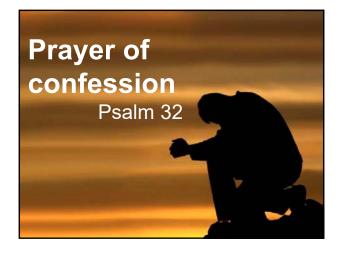




Take time out this Lent to reflect on your journey as a follower of Jesus:

- > Take away a Discipleship MOT
- ➤ Sign up for a Discipleship 1-2-1

For everyone and anyone! Whether you are a new Christian or old Christian; a 'stuck' Christian or an 'on-fire' Christian or somewhere in between!



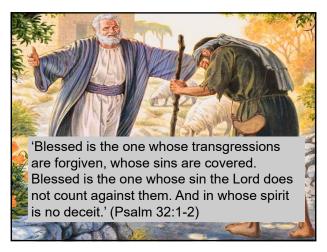




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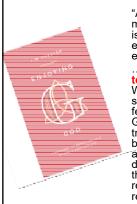




- Wrong actions or words
- 'Falling short of the glory of God' (Romans 3:23) - falling short of what God has created us to be
- Believing 'lies of the enemy'
- Not living in God's truth and story for us

Unconfessed sin...but confession.

- Can cause physical and Brings a lightness emotional 'heaviness'(v3)
- Acts as a blockage between us and God
- · Ruins our enjoyment of God
- Removes the blockage and restores our relationship with God



"As I've reflected on what it means to enjoy God, I think this is the number one reason I don't enjoy God more than I do; not enough repentance...

... Repentance is the gateway to the pleasures of God. When we let God down by

sinning, then the relationship feels broken. It isn't broken – God still loves us. That's a vital truth to remember. But it feels broken to us. We feel ashamed and we may opt to keep our distance. The wonderful truth is that when we turn back to God in repentance, then joy in God returns.' (Tim Chester)

Unconfessed sin... but

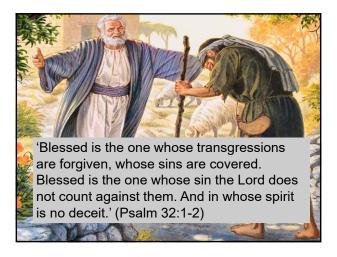
confession...

- Can cause physical and emotional 'heaviness'(v3)
- Brings a lightness
- · Acts as a blockage between us and God
- Removes the blockage and restores our relationship with God
- · Ruins our enjoyment of God
- Restores our joy and peace
- · Hardens our hearts (Hebrews 3:7-8)
- Softens our hearts again for the things of God (Ezekiel 36:25)

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How do we confess and repent?

- 1) ACKNOWLEDGE our sin (v5a) uncover it
- 2) CONFESS (v5b) offer our remorse to God
- 3) RECEIVE God's forgiveness (v5c,7)– let God cover it up!
- 4) REPENT (v8) to walk in the opposite direction
- 5) REJOICE (v11) with God





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