



The Transforming Power of Confession



“If we confess our sins, He is faithful and righteous to forgive us our sins,
and to cleanse us from all unrighteousness” (1 John 1:9)

Understanding the Background of John's Writings

- **Proto-Gnosticism – An Early Heresy.**
 - Before fully developed Gnosticism in the 2nd-3rd centuries, early forms were already spreading during John's time, and these beliefs were a confusing mix of:
 - Religious, philosophical, and cultural trends that were beginning in the first century.
 - Jewish mysticism combining with pre-Gnostic thought.
 - A belief that spiritual knowledge and enlightenment occurred through these beliefs and gave them superiority.



Understanding the Background of John's Writings

- **These false teachers claimed:**
 - That they had deep spiritual insight, while others did not.
 - That the material world, including the human body, was evil.
 - Therefore, they could use their bodies however they wished – sin didn't affect their spiritual enlightenment.
 - They denied the incarnation, bodily death, and resurrection of Jesus as the divine Son of God.
 - They rejected the idea of a future bodily resurrection for humanity.



The Costs of Denial:

The Dangers of False Claims About Sin

False claim: “I can have fellowship while walking in darkness.”

- *“If we say that we have fellowship with Him and yet walk in the darkness, we lie and do not practice the truth” (1:6).*

False claim:
“I have no sin.”

- *“If we say we have no sin, we deceive ourselves...” (1 John 1:8).*

False Claim:
“I have never sinned”

- *“If we say we have not sinned, we make him a liar...” (1 John 1:10).*

What God Does in Us Through Confession of Sin

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- Confession of sin acknowledges God's holiness: *"This is the message we have heard from Him and announce to you, that God is light, and in Him there is not darkness at all"* (1:5).
 - Confession restores fellowship with God (1 John 1:6).
 - Confession pleads for Christ's cleansing: *"If we walk in the light as He is in the light, we have fellowship with one another and the blood of Jesus Christ His Son cleanses us from all sin"* (1:7, 9; 2:1-2).
 - Confession sharpens our awareness of sin (1 John 2:1a).

What God Does in Us Through the Confession of Sin

- Confession fuels obedient love for God: *“By this we know that we have come to know Him, if we keep His commandments”* (1 John 2:3-5).
- Confession leads us to continue to walk as Jesus walked: *“Whoever says he abides in Him ought to walk in the same way in which He walked”* (1 John 2:6).





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