

Repentance Confession List

In any Revival there is repentance which consists of confession of sins and commitment to Christ. In the case of the lost sinner, there is a trust in Christ for Salvation. In the case of the Christian, there is confession of sins that have hindered the power of God in their lives. Repentance is not a one-time thing. Repentance starts the day one is saved but it continues every day thereafter until we are at home with Jesus in Heaven. Use this Repentance Confession List with the greatest of care. Get out a piece of paper and write down every sin that you can remember for each question on the list. Then confess it to God and after doing so, destroy the list because your sins are placed under the blood.

1 John 1:7-9 “But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin. (8) If we say that we have no sin, we deceive ourselves, and the truth is not in us. (9) If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.”

James 5:14-16 “Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: (15) And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. (16) Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.”

Many people think that when they get saved that they don't have to confess sins or make restitution but that is not what repentance is all about. Repentance is “to perceive afterward.” That means if you never went through a list like this when you were saved, you need to do it after you get saved. Make a thorough cleansing of your life. Get out the dirt. Restore relationships of the past that are broken because of sin and break relationships up that are the results of sin. Then destroy the list because they have been placed under the blood.

Areas to confess:

I. Sins of the tongue.

A. Have I been gossiping about people?

1. Do I slander the character of others?
2. Am I a tale bearer and a busybody

B. Do I criticize unlovingly, harshly, and severely?

1. Am I always finding fault and looking for the flaws in others?
2. Do I get under their skin by constantly picking at them?

C. Am I true in my statements?

1. Or do I exaggerate and thus convey false impressions
2. Have I lied?

II. Sins of thought.

A. Am I guilty of immorality?

1. Do I allow my mind to harbor impure and unholy imaginations?
2. Do I look at things which cause these impure thoughts?

B. Am I guilty of the sin of unbelief?

1. In spite of all God has done for me, do I still refuse to believe His Word.
2. Do I live as if God does not exist, trying to solve problems in the flesh instead of depending upon Him?

III. Sins of treatment of others.

A. Have I forgiven everyone?

1. Is there any malice, spite, hatred, or envy in my heart?
2. Do I cherish grudges?
3. Have I refused to make it right?

B. Do I get angry?

1. Is there any uprising within?
2. Is it true that I still lose my temper?
3. Does wrath sometimes hold me in its grip?

C. Do I get impatient and irritated?

1. Do little things upset me?
2. Am I sweet, calm and unruffled under all circumstances?

D. Have I been dishonest?

1. Is my business open and above board?
2. Do I give a yard for a yard and a pound for a pound?

IV. Sins of worry and fretting.

- A. Is my business open and above board?
- B. Do I give a yard for a yard and a pound for a pound?

V. Sins of pride.

- A. Am I worried and anxious?
- B. Do I fail to trust God for my temporal and spiritual needs?
- C. Am I continually crossing bridges before I come to them?

VI. Sins of omission.

- A. Do I rob God?
 - 1. Have I stolen time that belongs to Him? How about Tithe?
 - 2. Have I withheld my tithe from the church?
- B. Have I wronged anyone and failed to make restitution?
 - 1. Has the spirit of Zaccheus possessed me?
 - 2. Have I restored the many little things God has showed me?
- C. Have I lost my first love?
 - 1. Do I have conviction without love or love without conviction?
 - 2. Am I no longer on fire for God?
- D. Have I omitted the thirst for "fresh oil?"
 - 1. Do I still long for God's Power?
 - 2. Do I live life without the Holy Spirit?

VII. Sins of neglect of spiritual exercise.

- A. Have I committed the sin of prayerlessness?
 - 1. Do I keep the "morning watch?"
 - 2. Do I have family devotion or family altar?
 - 3. Am I an intercessor, praying for others?

4. How much time do I spend in prayer?
5. Do I spend at least an hour?
6. Have I crowded prayer out of my life?

B. Am I neglecting God's Word?

1. How many chapters do I read each day?
2. Am I a Bible student?
3. Do I draw my source of supply from the scriptures?

C. Have I failed to confess Christ openly?

1. Am I ashamed of Jesus?
2. Do I keep my mouth closed when I am surrounded by worldly people?
3. Am I witnessing daily?

VIII. Sins of pre-occupation.

A. Am I worldly?

1. Do I love the glitter, the pomp, and the show of this life?
2. Do I love rock-n-roll and other worldly styles of music?
3. Do I like to dress in the styles of the world?
4. Do I have worldly ways and tastes?
5. Do I love worldly T.V. programs and radio stations?

B. Have I stolen?

1. Do I have little things that do not belong to me?
2. Have I refused to return them and confess my sin?

C. Is my life filled with lightness and frivolity?

1. Is my conduct unchristian?
2. Do I engage in reckless and wild laughter and behavior?
3. Do I crack dirty jokes and think nothing of it?

4. Would the world by my actions consider me on its side?

IX. Sins of negative thoughts about others.

A. Is there any feeling of jealousy?

1. When another is preferred before me do I envy them?
2. Do I get jealous of those who can pray, speak, and do things better than me?

B. Am I offended easily?

1. When people fail to notice me and pass by without speaking does it hurt?
2. If others are made much of and I am neglected, how do I feel about it?

C. Do I see negative in every person and situation?

1. Is it true that I seem to find trouble everywhere?
2. Do I invariably see bad when I could just as well see good?

D. Do I try to get people to like me?

1. Am I genuinely interested in other people?
2. Do I smile genuinely at all times?
3. Do I remember names?
4. Am I a good listener?
5. Do I talk in terms of the other man's interest?
6. Do I make others feel important sincerely?

E. How do I change thinking?

1. Do I argue or avoid it?
2. Do I show respect for the other person's opinions?
3. Do I keep from saying that he is wrong?
4. If I am wrong do I admit it quickly, emphatically?
5. Do I begin in a friendly way?
6. Do I get the other person saying "Yes, yes!" immediately?

7. Do I let the other man do a great deal of the talking?
8. Do I try honestly to see things from the other person's point of view?
9. Am I sympathetic with the other person's ideas and desires?
10. Do I appeal to his nobler motives?
11. Do I dramatize my ideas?
12. Do I throw down a challenge?

F. How do I correct?

1. Do I begin with praise and honest appreciation?
2. Do I call attention to mistakes indirectly?
3. Do I talk about my own mistakes before criticizing?
4. Do I ask questions instead of giving orders?
5. Do I let the other man save face?
6. Do I praise the slightest improvement?
7. Do I give the other person a fine reputation to live up to?
8. Do I use encouragement?
9. Do I make the fault easy to correct?
10. Do I make them happy to do what I suggest?

Repentance implies the crucified life. There is a whole teaching in the book of Romans about how the believer has been crucified with Christ. The truth is that until a person accepts their own death with Christ by faith they only know part of the Gospel. When Jesus died, He not only paid the penalty for our sins but he included us with Him in his death. Listen to what the Apostle says concerning our death with Christ:

“What shall we say then? Shall we continue in sin, that grace may abound? God forbid. How shall we, that are dead to sin, live any longer therein? Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin. For he that is dead is freed from sin. Now if we be dead with Christ, we believe that we shall also live with him: Knowing that Christ being raised

from the dead dieth no more; death hath no more dominion over him. For in that he died, he died unto sin once: but in that he liveth, he liveth unto God. Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. For sin shall not have dominion over you: for ye are not under the law, but under grace. What then? shall we sin, because we are not under the law, but under grace? God forbid. Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness? But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. Being then made free from sin, ye became the servants of righteousness.” (Romans 6:1-18)

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.”(Galatians 2:20)

This truth is arguably the greatest reason that after regeneration a person looks back at their life before coming to know God and sees things completely differently. We see certain facts here that are implied in repentance. First of all, Christ comes to live in our heart, literally. Although there is no physical change as we have discussed previously, there is a huge spiritual change. God has taken his abode in our spirits making our body the temple of the Holy Spirit. The second part of this truth that is implied as part of the overall teaching regarding repentance is the fact that when Jesus died on the cross, he carried us with him. Imagine, if you will, a dead man laying in the casket and various persons walking up to the dead corpse and offering various forms of temptation to the dead corpse. Which temptation will most overcome the dead man? None! He is dead. Watchman Nee describes the crucified life in his masterful works, *The Normal Christian Life* and *The Spiritual Man*. I would strongly recommend both of these books to anyone who truly wants to experience the power of the resurrection in your life. This is the life of repentance.