

Confession of Sin

1. The believer is saved by grace alone, through faith alone, in Christ alone ([Isa. 64:6; Eph. 2:8, 9; Gal. 2:16; Titus 3:5](#)).
2. The believer, once saved, is never in danger of forfeiting his salvation ([John 10:28; Rom. 8:38, 39; 11:29](#)).
3. Though the believer cannot forfeit his salvation, he can forfeit fellowship with God the father ([1 John 1:1-10](#)).
4. When fellowship with God is lost through personal sin ([1 John 1:8, 10](#)), the Holy Spirit is said to be *grieved* ([Eph. 4:30](#)), and/or *quenched* ([1 Thess. 5:19](#)).
5. The believer can produce personal sin ([Rom 7:14-26](#)), but he cannot remove his sin ([Mark 2:5-10](#)).
6. God alone can restore fellowship between Himself and the sinful believer; this is accomplished through confession ([Lev. 5:5; 16:21; Num. 5:7; Ezra 10:11; Neh. 1:6; Ps. 32:3-5; 38:18; Prov. 28:13; Dan. 9:4, 5, 20; Matt. 3:6; Mark 1:5; 1 John 1:9](#)).
7. Once the believer has confessed his personal sin to God the Father ([1 John 1:9](#)), he is then filled by means of the Holy Spirit until he sins again. The cycle of grieving ([Eph. 4:30](#)) and/or quenching ([1 Thess. 5:19](#)) the Holy Spirit, and coming back under the filling ([Eph. 5:18](#)) of the Holy Spirit is often a daily experience for the believer who is growing.
8. Once the believer is filled with the Holy Spirit ([Eph. 5:18](#)), he can then walk in the Spirit ([Gal. 5:16](#)).
9. Confession is an act of faith ([Heb. 11:6](#)), in response to God's provision ([1 John 1:9](#)), which restores fellowship between God and the believer.
10. Once confession is made by the believer who has sinned, forgiveness is guaranteed by God ([1 John 1:9](#)).
11. Confession is simply citing (*homologeo*) the specific sin committed, and not wallowing in emotion.

Warren Doud states:

“Walking closer to God is, in reality, an activity in which you are more consistent in your relationship with the Lord, more consistent in your confession of sin. While confession does not, in itself, cause one to grow in Christ, there can be no growth in the Spirit as long as one is out of fellowship because of un-confessed sin. Therefore, confession sets the stage for progress in the Christian life. The ministry of the Holy Spirit depends on uninterrupted fellowship; so Christian growth depends on the unhindered work of the Holy Spirit. Confession takes the believer out of the sphere where he is producing sin, and it puts him back in the sphere of the Holy Spirit's control.”