

**Confession** is the practice that will lead you to receive the abundant forgiveness of God. This is the only way in which you will grow up into granting forgiveness yourself.

**A few specific confession practices that Adele Ahlberg Calhoun offers go like this:**

- Notice what strong emotions you have had recently. When do you feel yourself getting hot, defensive, angry, withdrawn? What is motivating your emotion? What behaviour stems from your emotion? As you attend to this internal world, ask God to make you alert to what triggers strong emotional reactions. Confess any sin relating to these reactions. Practice noticing your internal world to begin a habit of immediate confession.
- *(Inserting my own idea here)*: Consider a person that you are struggling to forgive. Name what you find so offensive, hurtful, irritating, and wrong about this person's behaviour. Gently, and in God's presence, put on this person's perspective "glasses" or motivations. Look for how your own behaviour reflects some of the same things that you so dislike. (Bonhoeffer says our irritation with another person is often connected to our own propensities to mirror the same behaviour.)
- Ask one or two other people to meet with you as a covenant or accountability group. Make sure they are people with whom you will not be able to hide. Tell the truth about who you are and ask your partners to pray for you and walk with you into Jesus transformation.
- Consider asking a couple of trusted family or friends to share honestly with you about your blind spots. What do I do that hurts you? How could I better love you? What is it like to be with me? Do I show interest in others or talk mostly about myself? Let their answers guide you in a time of confession.
- So what if it's kind of hard for you to even name sins? Go over this list and considering where these sins might show up in your life: envy, lust, greed, gluttony, deceit, lying, exaggeration, anger, pretence, avoidance of responsibility. What do you see about yourself? Confess where you have fallen short of the God-way.