

*“How To Defuse A Bomb, Biblical Conflict Resolution”
“Step Two- Examination of Self - The 7 A’s of Confession”*

PERSONAL APPLICATION

Review the main lesson outline briefly

1. What is confession? Discuss how this would apply to our lives practically in everyday life.
2. Discuss each of the 7 A’s and how you can be more affective in each?

PRIVATE MEDITATION

Read the Scripture and identify 1 thought to take with you for that day
Write down your daily thought under each day

Monday – Proverbs 28:13-14

Thought:

Tuesday – James 5:13-16

Thought:

Wednesday – Matthew 5:23-24

Thought:

Thursday – Psalm 51:1-13

Thought:

Friday – 1 John 1:1-9

Thought:

Saturday– Joel 2:12-13

Sunday– “Step two-Examination of Self”
“Repentance”

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How to Defuse A Bomb

Biblical Conflict Resolution

*“Step Two- Examination of Self
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Step Two – The 7 A’s of Confession

Proverbs 28:13-14

(Material taken from “Peacemaking For families”, by Ken Sande)

Proverbs 28:13:

“**Conceals**” = cover, clothe, cover up

“**Prosper**” = break forth, come mightily, as when the Holy Spirit affects someone with power – Judges 14:6, 15:14; 1 Samuel 16:13; Acts 1:8; Ephesians 4:30

“**Confesses**” = acknowledge, praise, give thanks, confess – “to agree with God on who He is (praise) and who we are (confession).

“**Renounces**” = to forsake, to loose, to leave or abandon.

I. Address everyone involved – James 5:16; Matthew 5:23-24, Mark 11:25

- A. “The Scope of the Sin is the Scope of the confession.”
- B. All sin should be confessed to God first – 1 John 1:9
- C. The two purposes for confessing to each other are for
 - a. **Help** (pray with me to overcome my problem) - James 5:16
 - b. **Healing** (to solve a conflict or handle an affliction) – James 5:13-16; Matthew 5:23-24

II. Admit the problem specifically – 1 John 1:9, James 5:16

- A. Two Greek words for “confess”
 - i. 1 John 1:9 – “homologeō” meaning “to say the same thing.”
 - ii. James 5:16 – “exomologeō” meaning to say the same thing publicly” “To speak out”

III. Avoid the words – “If, But, Maybe” – Proverbs 23:6-7

- A. “**IF** I have done anything to hurt you , I am sorry”
- B. “I should not have lost my temper, **BUT**, I was tired.”
- C. “**MAYBE** I should have talked to you first before I bought the new boat.”
- D. These words indicate a lack of genuine repentance on my part.

IV. Apologize – “I’m Sorry” & mean it = repentance – Acts 26:19-20

- A. Repentance = “metanoeō” meaning to change the mind

V. Accept the consequences – Psalm 51:3-4

- A. God is just & will do what is right
- B. Correct the problem if needed (pay the bill, keep the promise, etc)

VI. Alter your behavior – 1 John 3:18

VII. Ask for forgiveness and allow time – patience – Ephesians 4:1-3

NOTES