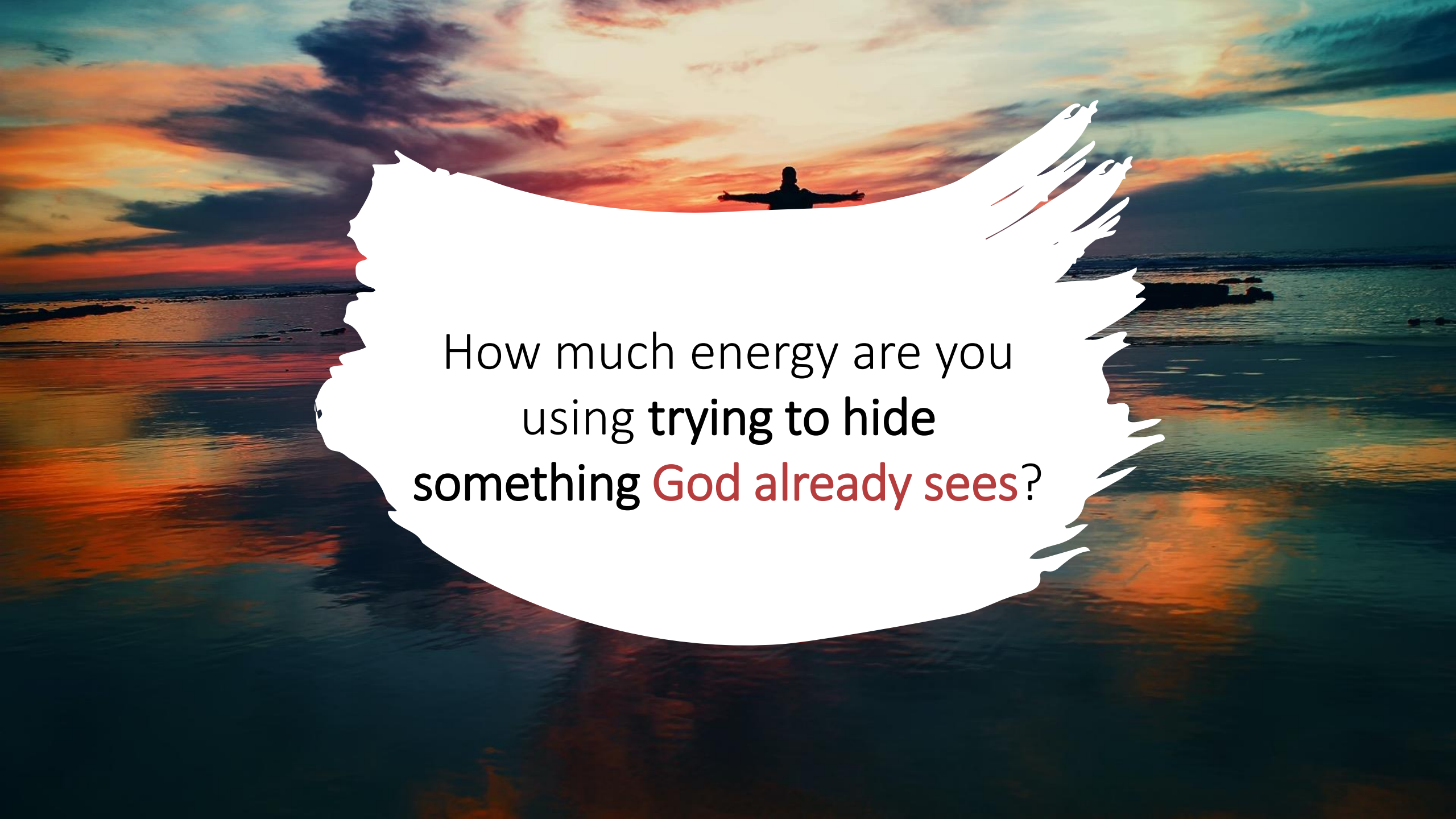


Spiritual Disciplines

ATTENTION WITH INTENTION

Confession
(No More Pretending)

A person stands on a beach at sunset, their arms outstretched towards the horizon. The sky is filled with vibrant colors of orange, red, and blue, with clouds catching the low light. The ocean reflects these colors, creating a shimmering effect. A large, white, brushstroke-style graphic is overlaid on the image, framing the text. The text is centered within this graphic.

How much energy are you
using **trying to hide**
something **God already sees**?



Alternatives to Confession

Deception

The false security of darkness.

= Shame and Fear



Alternatives to Confession

Deception

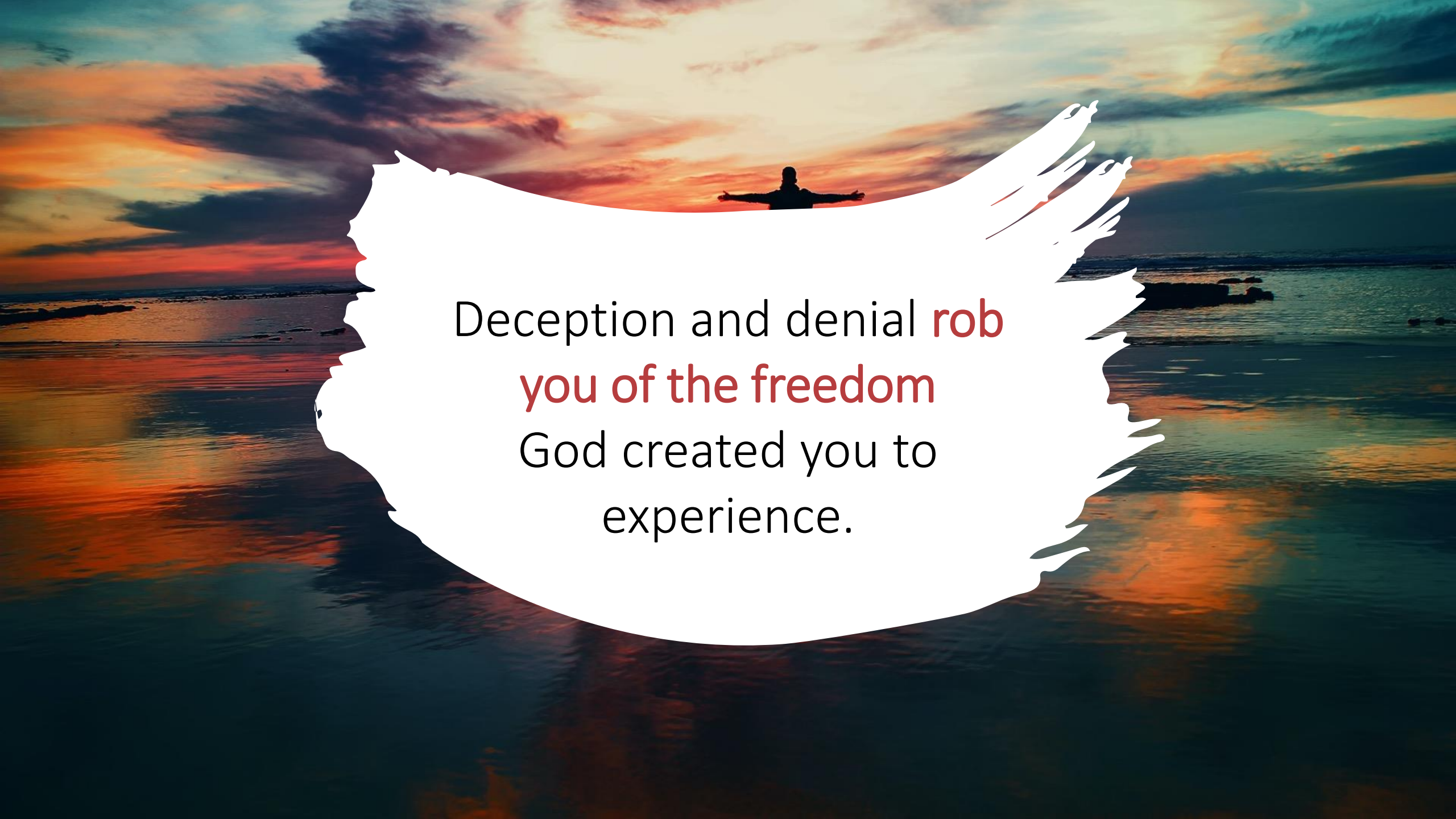
The false security of darkness.

= Shame and Fear

Denial

The false security of power
over others.

= Arrogance

A person stands on a beach at sunset, with their arms outstretched. The sky is filled with vibrant colors of orange, red, and blue, reflecting on the water. A white, torn-edge graphic contains the text.

Deception and denial **rob**
you of the freedom
God created you to
experience.

Psalm 51

For the director of music. A psalm of David.

When the prophet Nathan came to him
after David had committed adultery with
Bathsheba.



Psalm 51:1-2

- ¹ Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
- ² Wash away all my iniquity
and cleanse me from my sin.



Psalm 51:1-2

¹ Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
² Wash away all my iniquity
and cleanse me from my sin.

①

APPEALS TO THE
CHARACTER OF GOD



Psalm 51:3-4

³ For I know my transgressions,
and my sin is always before me.
⁴ Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.



Psalm 51:3-4

³ For I know my transgressions,
and my sin is always before me.

⁴ Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.

②

TAKES **OWNERSHIP** AND
ACCEPTS CONSEQUENCE



Psalm 51:7-8

⁷ Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
⁸ Let me hear joy and gladness;
let the bones you have crushed rejoice.



Psalm 51:7-8

- ⁷ **Cleanse me** with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
- ⁸ Let me hear joy and gladness;
let the bones you have crushed rejoice.

3

MAKES AN APPEAL FOR
PERSONAL **NEEDS**



Psalm 51:10-13

- ¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit within me.
- ¹¹ Do not cast me from your presence
or take your Holy Spirit from me.
- ¹² Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.
- ¹³ Then I will teach transgressors your ways,
so that sinners will turn back to you.



Psalm 51:10-13

- ¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit within me.
- ¹¹ Do not cast me from your presence
or take your Holy Spirit from me.
- ¹² Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.
- ¹³ Then *I will teach transgressors your ways,
so that sinners will turn back to you.*

4

MAKES A COMMITMENT
TO **FOSTERING OTHERS**





Confession

①

APPEALS TO THE
CHARACTER OF GOD

②


TAKES **OWNERSHIP** AND
ACCEPTS CONSEQUENCE

③

MAKES AN APPEAL FOR
PERSONAL **NEEDS**

④

MAKES A COMMITMENT
TO **FOSTERING OTHERS**

A person stands on a beach at sunset, their arms outstretched in a gesture of surrender or praise. The sky is filled with vibrant colors of orange, red, and purple, reflecting on the calm water. A white, brushstroke-like graphic frames the text in the center.

May you **choose**
confession over deception
or denial.