
Confession is More Than Words

Romans 8:13, 14

“I quit”

“**R**acing is in your blood,” Jim's brother noted. “Dad was hooked on it too, but you are pulled to racecars like a magnet pulls steel.” It was true. Jim had been sucked into various race-cars and races and was making a mess of his life. Lately, he was spending more and more money just to get to the races. And, he put a down payment on his own racecar, which he could not afford. Now, he was making deals to get into the business. There seemed to be no end to it. The more he became involved, the more he wanted. And, his wife had no idea just how deep into it he really was.

At first he rationalized it as entertainment. Now, separated from his wife, and about \$80,000 in debt, he had to face that his addiction had caused this mess. The problem was clear. The missing piece was, however, that “Jim didn't want to change!”

Reflection

Confession in words only is insincere and even deceptive. Change is the proof that makes confession genuine. From a statement of intention, to a specific and a consistent pattern of avoiding the behavior and practicing the new right way, is proof positive that a change has taken place. Here are four steps to lead you from mere words to change:

1. State your sin and the need for a change.
2. Describe what you will do and what you will no longer do.
3. Understand the principles from the Bible that form the basis of your choice.
4. Establish an accountability plan.

Accountability and Application

Do I have a trusted friend to whom I will give permission to hold me accountable? Have I specifically shared the area of struggle with this person and asked for a regular checkup on how I'm doing? Am I willing to give that person permission to probe beyond what I say, to talk with my wife and others to see how I'm doing in my change?

Prayer *Habits die hard, Lord. I need your help, first with courage to do what I need to do, and then with openness to an accountability partner to keep me on track. When I fail, give me the grace to admit it quickly and turn around to get back on the path of following you, Lord.*

Romans 8:13, 14 (NASB)

¹⁰If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness.

¹¹But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

¹²So then, brethren, we are under obligation, not to the flesh, to live according to the flesh--

¹³for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

¹⁴For all who are being led by the Spirit of God, these are sons of God.