

# Confessions

Confessing our mistakes is a vital part of healing hurts in relationships. Below, there are 7 principles that make for a good confession. Discuss these with your partner. Also, talk about what confessions are like in your relationship currently and what, if anything, you would like to work to change. Use these principles the next time you know you need to confess to your partner.



Consider this scripture as you use this worksheet:

Proverbs 28:13 “He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.”

## 7 Principles for a Good Confession

Timing:

1. Confessing before you are caught or asked to will make it easier to do

What you say:

2. Remind your partner of your covenant relationship
3. Make a clear direct confession, without explaining circumstances
4. Take responsibility for any sins that may have contributed to hurting the other (such as being overly busy or preoccupied)
5. Use tenderness and touch throughout the process

After the confession:

6. Immediately do something to show your change of heart/repentance – for example: If you weren't paying enough attention then plan some time together just to attend to each other. Or if you said something mean, write a love letter full of kind and encouraging words. Be extravagant in showing your change of heart. If you can, choose something that relates to how you hurt your partner.
7. Remember the importance of accumulating trustworthy post-hurt events, repeating the same hurt soon after an confession makes you seem insincere

Use this sheet to write a journal entry confessing some marital offense that has happened. It could be something common like getting caught up in your own issues and not paying attention to your partner's needs, or it could be something more difficult. All marriages have some offenses. Make sure you confess this to God as well. Later, read or give the letter to your partner.

**Pray together for your marriage at least twice this week.**

