

# RESET

AN INVITATION TO BEGIN  
2026 GOD'S WAY

## THE FREEDOM OF CONFESSION

I John 1:5-9

### Big Idea:

Confession doesn't expose you – it frees you.  
[Confession is God's reset button for the soul]

*To confess your sins to God is not to tell Him anything He doesn't already know. Until you confess them, however, they are the abyss between you. When you confess them, they become the bridge. - Frederick Buechner*

### I. God is Light [I John 1:5]

### II. Walking in the Light Requires Honesty [I John 1:6-7]

### III. Confession is the Path to Cleansing [I John 1:8-9]

#### Communion reminds us:

- We walk in the light, not perfection
- We live lives of repentance, not hypocrisy
- We depend on grace, not our own strength

*The Lord's Supper is both a remembrance of what Christ has done and a recommitment to walk with Him in the days ahead.*

#### Study Questions and Prayer

[1] Read I John 1:5. How does starting with God's holiness reshape the way you confront the areas of darkness in your heart?

[2] Read I John 1:6-7. What is one area of your life you tend to hide, and what would change if you chose to walk in the light with it instead?

[3] Read I John 1:8-9. How have you experienced (or how do you need to experience) the freedom that comes when confession becomes a reset, not an exposure?

[4] Pray for the courage to give God what you are carrying, and to choose light over hiding and truth over fear, and trust your heart as you walk faithfully into a new season.

[1 John 1:5] This is the message we have heard from him and proclaim to you, that God is light, [James 1:17, 1 John 4:8, John 4:24] and in him is no darkness at all.

[James 1:17] Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.

[1 John 1:6] If we say we have fellowship with him while we walk in darkness, we lie [1 John 2:11, John 12:35, 2 Corinthians 6:14] and do not practice the truth. [John 3:21]

[I John 2:11] . . . whoever hates his brother is in the darkness and walks in the darkness, and does not know where he is going, because the darkness has blinded his eyes.

[1 John 1:7] But if we walk in the light, [Isaiah 2:5] as he is in the light, [Psalm 104:1-2] we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

[Psalm 104:1-2] Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty, <sup>2</sup> covering yourself with light as with a garment, stretching out the heavens like a tent.

[1 John 1:8] If we say we have no sin, we deceive ourselves, [Job 15:14, Jeremiah 2:35, James 3:2a] and the truth is not in us.

[Proverbs 20:9] Who can say, "I have made my heart pure; I am clean from my sin"?

[Ecclesiastes 7:20] Surely there is not a righteous man on earth who does good and never sins.

[James 3:2a] For we all stumble in many ways . . .

[1 John 1:9] If we confess our sins, [Psalm 32:5, Proverbs 28:13] he is faithful and just to forgive us our sins [Psalm 143:1, Romans 3:21-26] and to cleanse us from all unrighteousness.

[1 John 1:7, Ephesians 1:7, Hebrews 9:14, 1 Peter 1:19, Revelation 5:9, Revelation 7:14, Revelation 12:11]

[Psalm 32:5a] I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," . . .

[Proverbs 28:13] Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

[Ephesians 1:7] In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace