



# STATION 1

## CONFESSION and FORGIVENESS

### “AS YOU PRAY”

#### **Confession:**

Spend time seeking God’s Presence as you confess your sins and seek forgiveness and cleansing. To illustrate this cleansing, wash your hands in this bowl of water.

We must confess our sins to God and even to each other. God cannot move His Presence into our “space” until we admit and submit our biggest and smallest obstacles to Him.

“Draw near to God and He will draw near to you. Cleanse your hands you sinners and purify your hearts, you double minded.” – James 4:8

“If we confess our sins to Him, He can be depended on to forgive us and to cleanse us from every wrong.” – 1 John 1:9

#### **Forgiveness:**

To forgive others for what they have done to us is a testimony of the power of God in our lives. We must forgive those who have hurts us in our present, as well as our past whether they are even alive, whether they even know they hurt you, whether we ever verbalize our hurt to them.

“...forgive us our sins, as we forgive those who sin against us.” – Matthew 6:12