

# DAY 2

## THE 'FESS-UP: CONFESSION

---

### THE SAFETY ZONE

Where do you go when you want to feel safe and protected? If you have such a place, this is your safety zone. Draw the place where you feel sheltered and safe.

#### MY SAFETY ZONE



### DO YOU HEAR ME NOW?

Have you ever been talking to someone on the phone when they suddenly start "cutting out" and you can hear only some of their words? The same kind of thing happens when we mess up. Our connection with God starts to cut out like a bad Wi-Fi signal. We don't hear from God clearly.

To solve this problem after a mess-up, we need to 'fess' up.

A 'fess-up, or confession, means admitting to your part in the problem—'fessing up to it. However, if you've been hurt in a struggle with a friend or foe, it's tempting to say, "Confessing is just for the people who created the mess. I was hurt, so why do I need to confess? I didn't do anything wrong!"

It's true that in some cases you may not have done anything wrong that you need to confess. But you still need to admit your feelings. You still need to 'fess up and say that you were hurt.

It may be very difficult to 'fess up to our guilty or hurt feelings, but God promises that we won't have to stay hurt and guilty forever. The point of confession is not to remember the sin. It's to receive God's grace.

Everyone messes up. It's what you do *after* the mess-up that makes all the difference. There are lots of ways that kids react when they mess up. Circle all of the reactions below that you have experienced in the past:

- Blame others.
- Ignore the problem.
- Stuff your feelings down deep.
- Cover up the mess.
- Learn to live with the problem.
- Lie about the mess-up.

God tells us that 'fessing up is the best way to deal with sin. **"If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."** 1 John 1:9 (ESV)

When we confess our sin, God repairs the signal. He alone can rightly figure out the cause of the bad connection. He alone knows the proper repair.

## CONFESSING TO JESUS

Admitting that someone hurt us may leave us feeling unguarded. It's natural to feel sad when someone hurts us, and it's normal to feel awful when you admit your own fault.

You may not always feel safe when you reveal your feelings to others. You don't need to show those feelings to everyone, but it is very important to have a safe person you can talk to if someone hurt you. They can listen and help you sort out your feelings.

The safest place to confess, the safest place to be, is in the hands of Jesus. His hands have the scars reminding us that He died for us. Jesus can restore the connection. When your phone's connection is being fixed, sometimes you see that spinning buffering wheel going around and around and around and around, driving you crazy. It also takes time to restore our connection with God and with the people we're mad at. Jesus gives you the patience to wait for healing to happen.

There is no need to be afraid of God when we come to Him with our feelings. He always welcomes you with open arms. Copy down the verse 1 John 1:9 on a piece of paper or notecard and put it up in the place you described as your safety zone. During the week of the 'Fess-up, Days 13 to 19, we are going to talk about:

- The fight, flight, or peacemaker responses
- The 3 parts of an apology
- Determining who says what's bad and what's good
- Who we should confess to
- Confessing our sin to God

# RED ALERT!

God loves a humble heart.

In Luke 18:9-14, Jesus tells about a Pharisee who went to the temple and said, "God, I thank you that I am not like other people." Nearby was a tax collector, who said, "God, have mercy on me, a sinner." The tax collector, not the Pharisee, confessed, and he went home "justified" before God.

Justified means forgiven.



#FORGIVINGCHALLENGEKIDS