

# **REPENTANCE: Confessions and Declarations that Lead to Freedom**

## **by Pastor Mike Henry**

### **The Spiritual Dynamics of Repentance and Renewal**

#### **Confessing in Humility:**

Psalm 32:5

Then I acknowledged my sin to you and did not cover up my iniquity.  
I said, "I will confess my transgressions to the Lord."  
And you forgave the guilt of my sin.

#### **Renunciation:**

Titus 2:11-12

For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,

#### **The Covering of the Cross:**

Psalm 51:10-13

Create in me a pure heart, O God, and renew a steadfast spirit within me.  
Do not cast me from your presence or take your Holy Spirit from me.  
Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.  
Then I will teach transgressors your ways, so that sinners will turn back to you.

Ephesians 2:13

But now in Christ Jesus you who once were far away have been brought near by the blood of Christ.

#### **Declarations of Recommitment:**

Psalm 119:106

I have taken an oath and confirmed it, that I will follow your righteous laws.

Romans 10:9-10

If you declare with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.

#### **The Religious Spirit Includes:**

- Performance-based faith,
- legalism,
- traditionalism,
- religious pride

### **Religious Spirit**

**Confession** – Lord Jesus, I confess that I have come into agreement with the Religious Spirit and I ask your forgiveness. I have allowed attitudes of criticism, judgment, and legalism to interfere with a heart of love for my brothers and sisters in Christ. Forgive me for limiting your Spirit by our traditions and prideful divisions. You have called us to unity in Your name and we have not obeyed you well. Forgive us as Your church in this Community. Amen.

**Declare** – I receive your forgiveness and cleansing of my heart and mind. I will follow Christ by worshiping in Spirit and Truth. I will obey the Holy Spirit as he gives me wisdom and revelation to know God better. I will renew my mind and spirit in Christ, and receive boldness daily. I will guard my heart of love and unity with my brothers and sisters. Amen.

(Jn. 4:24, Eph 1:17-18, John 17:21, 1 Thes. 5:23, Acts 4:29)

### **Walk in Freedom and Righteousness:**

- Breaking Patterns of Doubt
- Unbelief
- Shame
- Guilt
- Doublemindedness
- Lukewarmness

### **Sexual Immorality in Society**

- Allowing thoughts and temptations to enter heart, dwelling on thoughts and feelings
- Gratifying the flesh as an idol

### **Confession on Behalf of Society**

**Confession** – I confess to You, my Holy and Righteous God, that I have given my mind, feelings, and desires over to the gratification of my flesh. This is a counterfeit of true love and true fulfillment. Forgive me for giving Satan a place in my heart and devotion. You have called us to be Your holy priesthood and we have brought secret sin into Your church. Forgive us for our shame. Amen.

**Declare** - We have inherited Great Love. We have been blessed with every spiritual blessing in Christ. We have been adopted by Father God. We are no longer foreigners but citizens of His Kingdom. We are given the inheritance of incomparably great power and seated with Christ in the heavenly realm. We are His workmanship, living stones of the Holy Temple. Our spirits are empowered by Heaven. We live in a love that surpasses knowledge. We will discover together the far reaches of the love of Christ for this valley and every person living here. We will give away the riches of our inheritance because He will do more than we can ask or imagine. (Ephesians 1 – 3)

### **Sexual Immorality – Personal Strongholds**

- Guilt cycle – Temptation, Sin, Guilt Feelings, Confession...
- Confess the sin, confess agreement with guilt and shame from Accuser, and cover it by the blood of the Cross.
- Idolatry – over-loving the feelings of sexual desire and lust
- Lust of eyes and flesh – 1 Cor. 6:18

### **Confession of Shame and Lust:**

**Confession** – Lord Jesus, I confess that I have allowed shameful thoughts and acts into my heart. I have sinned against Your will and design for my life and my sexuality. Forgive me and cleanse me by Your holy blood. You have called me to freedom and I have let myself be a slave to sexual sin and shame. Forgive me and strengthen my spirit. Amen.

**Declare** - But I, as a son/daughter of God, will flee from all lust of the flesh, and pursue righteousness, godliness, faith, love, endurance and gentleness. I will fight the good fight of the faith. I will take hold of the eternal life to which I was called when I made my good confession of faith in Christ in the presence of many witnesses. Amen.  
(1 Timothy 6:11-12)

### **Fear and Insecurities**

#### **Includes:**

- Failure/Success – Self-sabotage, self-hatred
- Control – Trying to control others and circumstances
- Man – pleasing others, pleasing father
- Freedom – yoke of slavery
- The Holy Spirit - idolatry

### **Confession of Fears and Insecurities**

**Confession** – I confess my fears to You, Lord. Forgive me for putting people, idols, and things, before You. I have allowed my identity to be determined by lies, wounds, and fear of what people will think of me. Forgive me for denying You power to work in my life. You have called us to spiritual and emotional freedom by Jesus' death and resurrection and we have at times preferred the slavery of fear. We receive forgiveness and will walk in freedom. Amen.

**Declaration** – I choose freedom and I will not return to the yoke of slavery. Jesus Christ has set me free and I am free indeed. I will live to honor all that Jesus has done for me. Amen.

(Gal. 5:1, John 8:36, Eph 3:14-21)

### **Double Mindedness:**

- Living, thinking, and acting between the world and the Spirit.
- James 1:6-8 "But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do."

- Romans 8:6 "The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace."

### **Confession of Double Mindedness**

**Confession** – Lord God, I confess my doubt and unbelief. There are times when I am governed by the flesh and the attitudes of the world. My desire is to be led by Your Holy Spirit, but I recognize that I can be influenced to live by my own understanding. Forgive me for any time that I have grieved Your Spirit. Without Your love, grace, and empowerment I would be lukewarm. Forgive me for misusing my tongue to gossip, criticize, judge, or even curse other people, and then sing praises and pray. I need your wisdom and guidance. Amen.

**Declare** – I choose this day to worship and obey only You, Lord Jesus. I am receiving Your salvation and spiritual freedom. You alone came in the flesh for me, You died on the Cross for me, and You came out of the grave for me. And with all the saints and angels I declare that -

"You are worthy to take the scroll and to open its seals, because you were slain, and with your blood you purchased for God persons from every tribe and language and people and nation. You have made them to be a kingdom and priests to serve our God, and they will reign on the earth." Amen.

(Revelation 5:9-10)

Remember, repentance is not just a one-time step. It is the process of developing a genuinely humble heart and sensitive spirit. Don't short-cut your faith or your encounters with the Holy Spirit. We can move deeper and deeper into knowing the Father's heart of love.