



DAILY DEVOTIONAL GUIDE  
LEARNING HOW TO FOLLOW JESUS FOR A LIFETIME

CONFESSION DAY 1

## MORNING

**READ PSALM 139:23-24**

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

**PRAY:** God, which of my actions or thoughts do not represent who you are to others?

## EVENING

**COMMIT:** Weeklong exercise, day 1: Identify who you have hurt, whether intentionally or unintentionally. Confess those actions to God and listen to what God may have to say in response.

CONFESSION DAY 2

## MORNING

**READ JAMES 5:16 (ESV)**

Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

**PRAY:** God, when I sin today, reveal those to me, so I may confess them

## EVENING

**COMMIT:** Weeklong exercise, day 2: Listen for God's forgiveness in response to your confession about whom you have hurt.

### CONFESSION DAY 3

## MORNING

**READ 1 JOHN 1:9 (ESV)**

If we confess our sins, he is faithful and just to forgive us our sins and cleanse us from all unrighteousness.

**PRAY:** God, thank you for modeling forgiveness every day. Help me to be fully honest in my confessions, while also accepting of your forgiveness.

## EVENING

**COMMIT:** Weeklong exercise, days 3-5: Ask God for wisdom and opportunity to reach out to someone you have hurt.

### CONFESSION DAY 4

## MORNING

**READ PROVERBS 28:13 (ESV)**

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

**PRAY:** God, help me be a person who confesses sin instead of hiding it.

## EVENING

**COMMIT: Weeklong exercise, days 3-5: Ask God for wisdom and opportunity to reach out to someone you have hurt.**

### CONFESSION DAY 5

## MORNING

**READ LUKE 17:3-4**

So watch yourselves. "If your brother or sister sins against you, rebuke them; and if they repent, forgive them. Even if they sin against you seven times in a day and seven times come back to you saying 'I repent,' you must forgive them."

**PRAY: God, \_\_\_\_\_ hurt me. Please help me to forgive them the same way that you forgive me.**

## EVENING

**COMMIT: Weeklong exercise, days 3-5: Ask God for wisdom and opportunity to reach out to someone you have hurt**

### CONFESSION DAY 6

## MORNING

**READ 1 JOHN 1:8**

If we claim to be without sin, we deceive ourselves and the truth is not in us.

**PRAY: God, give me the humility to see and understand where I am blind to my own faults.**

## EVENING

**COMMIT:** Weeklong exercise, day 6: Reach out to someone you have hurt and confess what you did that hurt them. Apologize and make space for restoration and forgiveness.

### CONFESSION DAY 7

## MORNING

### READ 2 SAMUEL 12:13

Then David said to Nathan, "I have sinned against the Lord." Nathan replied, "The Lord has taken away your sin. You are not going to die."

**PRAY:** Thank you for taking away my sins.

## EVENING

**COMMIT:** Ask God to help you forgive yourself for the hurt you have caused others.