

Seven A's of Confession

As God opens your eyes to see how you have sinned against others, he simultaneously offers you a way to find freedom from your past wrongs. It is called confession. Many people have never experienced this freedom because they have never learned how to confess their wrongs honestly and unconditionally. Instead, they use words like these: "I'm sorry if I hurt you." "Let's just forget the past." "I suppose I could have done a better job." "I guess it's not all your fault." These token statements rarely trigger genuine forgiveness and reconciliation. If you really want to make peace, ask God to help you breathe grace by humbly and thoroughly admitting your wrongs. One way to do this is to use the Seven A's.

1. **Address** everyone involved (All those whom you affected)
2. **Avoid** if, but, and maybe (Do not try to excuse your wrongs)
3. **Admit** specifically (Both attitudes and actions)
4. **Acknowledge** the hurt (Express sorrow for hurting someone)
5. **Accept** the consequences (Such as making restitution)
6. **Alter** your behavior (Change your attitudes and actions)
7. **Ask** for forgiveness

See Matthew 7:3-5; 1 John 1:8-9; Proverbs 28:13.