

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. **A**ddress everyone involved (All those whom you affected)
2. **A**void if, but, and maybe (Do not try to excuse your wrongs)
3. **A**dmit specifically (Both attitudes and actions)
4. **A**cknowledge the hurt (Express sorrow for hurting someone)
5. **A**cept the consequences (Such as making restitution)
6. **A**lter your behavior (Change your attitudes and actions)
7. **A**sk for forgiveness

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

Four Promises of Forgiveness

Through forgiveness God tears down the walls that our sins have built, and he opens the way for a renewed relationship with him. This is exactly what we must do if we are to forgive as the Lord forgives us: We must release the person who has wronged us from the penalty of being separated from us. We must not hold wrongs against others, not think about the wrongs, and not punish others for them. Therefore, forgiveness may be described as a decision to make four promises:

1. "I will not dwell on this incident."
2. "I will not bring up this incident again and use it against you."
3. "I will not talk to others about this incident."
4. "I will not let this incident stand between us or hinder our personal relationship."

By making and keeping these promises, you can tear down the walls that stand between you and your offender. You promise not to dwell on or brood over the problem or to punish by holding the person at a distance. You clear the way for your relationship to develop unhindered by memories of past wrongs. This is exactly what God does for us, and it is what he calls us to do for others.



PEACEMAKER
MINISTRIES

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