

4 things you need to know about CBBC's Confessional Guide:

1) The categories on either side of the sheet are areas you need to consider in your time of confession. However, just because something is on the list doesn't necessarily make it sinful. These are simply to provoke deeper thought as you move into a time of confession. One or two items in the columns may stick out to you, and it is worth your time to linger on those. The rest of the list may not be applicable to you.

The list on the left side of the page comes from Marjorie Thompson's book *Soul Feast*, pages 87-91, in the section she calls Life Review. She gives these categories for you to consider both the struggles and strengths of life. We've adopted them here as a confessional aid, which would be one aspect of Thompson's Life Review.

The list on the right side of the page is the seven deadly sins that grew out of medieval monasteries in their categorizing vices humanity deals with. They too are a good place to begin a time of confession in examining one's own heart.

2) The row at the top of the page consists of arbitrary time frames to help in time of confession. They are merely suggestions to think through sin in your life over a certain period of time. If you have never practiced confession before it may be worth considering the whole of your life, however if confession is common practice you may only want to look back recently.

3) The blank space in the middle of the page is for your private notes. There may not be enough room for all of your thoughts but this space can function as a place to begin writing down what needs to be confessed. Just the act of writing a sinful action down is a good first step in the healing process. It is wise, and the practice of CBBC, to destroy these notes at the end of confession. One, it serves to maintain your privacy, but also, the destruction of the notes can be a symbol of God's forgiveness.

4) If you are new to confession this may be an emotional experience bringing forth feelings that have been suppressed for years. Please know that God will be with you through it all, and you might need to share these emotions with a trusted friend or minister.

1 John 1:8-9

If we say that we have no sin, we are deceiving ourselves and the truth is not in us. If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.