

When you sin, confess

1 John 1:5-9

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does walking in the light bring (v. 7)?

What does God promise when we confess (v. 9)?

2. What does it show me about people — and about myself?

What are you tempted to keep in the dark?

3. What will I obey this week? (a concrete step, with a day)

What sin will you bring into the light this week?

4. Who will I tell?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Father, when I sin, help me come into the light and confess it, trusting you to forgive and cleanse me.
