

### III. Confession

#### 1. Confessing our Sins before the Lord

Lev 5:5 And it shall be, when he shall be guilty in one of these things, that he shall **confess** that **he hath sinned** in that thing;

Num 5:7 Then they shall **confess their sin** which they have done; and he shall recompense his trespass with the principal thereof, and add unto it the fifth part thereof, and give it unto him against whom he hath trespassed.

Psalms 32: 5 I acknowledged my sin unto thee, and **mine iniquity have I not hid**. I said, **I will confess my transgressions** unto the Lord; and thou forgavest the iniquity of my sin. Selah.

Alma 12:7 Yea, by the power of their words, many were brought before the altar of God, to call on his name, and **confess their sins** before him.

I John 1:9 If **we confess our sins**, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Helaman 2: 79 And it came to pass that they did preach with great power, insomuch that they did confound many of those dissenters who had gone over from the Nephites insomuch that they came forth and did **confess their sins**, and were baptized unto repentance, and immediately returned to the Nephites, to endeavor to repair unto them the wrongs which they had done.

Sec 187:2k wherefore, I command you again to repent, lest I humble you by my almighty power, and that you **confess your sins**, lest you suffer these punishments of which I have spoken, of which in the smallest, yea, even in the least degree, you have tasted at the time I withdrew my Spirit.

Sec 58: 9d By this ye may know if a man repenteth of his sins. Behold, **he will confess them** and forsake them.

Sec 61: 1b Behold, verily thus saith the Lord unto you, O ye elders of my church, who are assembled upon this spot, whose sins are now forgiven you, for I the Lord forgiveth sins, and am merciful unto those **who confess their sins** with humble hearts;

## 2. Confessing Openly

James 5:16 **Confess your faults one to another**, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Mosiah 11:138 And if **he confess his sins before thee and me**, and repenteth in the sincerity of his heart, him shall ye forgive, and I will forgive him also;

144 And whosoever repented of their sins and did confess them, them he did number among the people of the church;

145 And those that would **not confess their sins and repent of their iniquity**, the same were not numbered among the people of the church, and their names were blotted out.

Sec 23a And if thy brother or sister offend thee, thou shalt take him or her between him or her and thee alone; and if **he or she confess, thou shalt be reconciled.**

23b And if **he or she confess not, thou shalt deliver him or her up unto the church**, not to the members, but **to the elders.**

23c And it shall be done in a meeting, and that not before the world.

23d And if thy brother or sister offend many, he or she shall be chastened before many.

23e And if anyone **offend openly, he or she shall be rebuked openly**, that he or she may be ashamed.

23f And if **he or she confess not, he or she shall be delivered up unto the law of God.**

23g If any shall **offend in secret, he or she shall be rebuked in secret**, that he or she may have opportunity to confess in secret to him or her whom he or she has offended, and to God, that the church may not speak reproachfully of him or her.

## IV. Transgressions or Sins are Forgiven Beginning with Repentance

D&C 90:1a "Verily, thus saith the Lord, It shall come to pass that every soul who *(numbers added for emphasis)*

1. forsaketh his sins

2. and cometh unto me,

3. and calleth on my name,

4. and obeyeth my voice,

5. and keepeth my commandments,

shall see my face, and know that I am, and that I am the true light that lighteth every man that cometh into the world;

Let us use this scripture in Section 90 as a guide to understanding the process and purpose of repentance.  
Each phrase begins with an action verb:

1. **Forsake** sins

Forsaking is the first thing mentioned.

What is the first step before you can forsake one's sins?

What does forsake mean?

2. **Come** unto Christ (God)

This step is a bit less obvious, what does 'come unto Christ or God' mean to you?

3. **Call** on *His* Name

What does it mean to call on *His* name?

4. **Obey** the voice of God, HS, etc.

What does this mean? How does it differ from keeping the commandments?

5. **Keep** the Commandments

Which commandments?

How do we know what commandments there are that we should keep?