

## Confession is Good for the Soul

1 John 1:8-2:2

In 1 John 1:8-2:2, John continues the discussion he began in 1:5-7. He argues that if God is light (1:5) and desires our fellowship (1:6-7), then we must be delivered from darkness. Central to that deliverance is acknowledging our sin (1:8-10) and accepting the provision that God has made for us (2:1-2).

*If we want to enjoy a close relationship with God, we must deal with our sin*

In 1:6-2:2, John makes six “if . . . then . . .” statements to describe how to have a close relationship with God. Three are phrased in a negative manner, three are positive. Three express our words, three express our actions.

<i>“If we say”</i>		<i>“If we do”</i>	
1:6	If we say, “We have fellowship with God,” yet walk in darkness	1:7	But if we walk in the light, as he is in the light . . .
1:8	If we say, “We have no sin”	1:9	But if we confess our sins . . .
1:10	If we say, “We have not sinned”	2:1	But if anyone does sin . . .
Negative statements		Positive statements	
Words		Actions	
<i>On the one hand</i>		<i>On the other hand</i>	

### **Recognize who you are (1:8-10)**

- Don’t misrepresent yourself (1:8)
- Acknowledge and own your sin (1:9)
- Don’t misrepresent God (1:10)

### **Recognize who Jesus is (2:1-2)**

- Christ is our Advocate
- Christ is our sacrifice