# The discipline of Confession

This discipline sparks a lot of debate in my life and in the church. Confession is often portrayed as going into a booth, across from a priest of some sort, and confessing your sins to them. I don’t believe there is much wrong with this, just some heart issues. Because I don’t have a ton of experience in the past with confession, just stories and movies! In this chapter Foster says something very interesting, saying that we as Christians have authority to forgive sins. This was dramatic way to put it, I believe he was both wrong and right in this comment.

Christians have the authority to declare the truth as we talked about in class, but Christians do not have the authority to forgive sins. It makes that very clear in the Bible with Jesus talking with the pharisees. I believe that an incredible amount of power happens through confession, and confession is often the beginning of being redeemed and changing ways. We all have thoughts of wanting to change our ways and striving towards Christ. Unless we write those down and/or audibly say them to a fellow believer, it is very unlikely that the dream will become reality.

It wasn’t until I confessed different sins and struggles with family and friends that I began to see growth. I have the knowledge knowing that I am forgiven, but often, for me personally, it takes an audible voice and re-affirming to believe it. This ties into faith in many aspects on believe and knowing you are forgiven, as people we often struggle to believe that saying things to yourself is enough to get forgiven.

In conclusion, I believe confessing isn’t a mandator discipline to forgive sins, I believe that it is an extremely important practice and helps you grow in your spiritual and physical life. I also don’t believe we have authority to forgive, rather speak truth.

Thanks!  
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