

Sample Prayer of Confession

“Heavenly Father, I confess my sin in this event (be specific). I knew that it was wrong but I did it anyway. I confess my rebellion and quenching Your Spirit. I grieved the Holy Spirit who was trying to help me through my conscience.

I confess my worship of money, sex, and my reputation as evidenced by (be specific).

I confess every time that I have participated in _____ (be specific).

I confess my betrayal of trust in this relationship _____ (be specific).

I confess my lust (defined as wanting good things but not waiting for God’s timing) for food, money, sex, material goods that have drawn me into sin.

I confess that I do not see myself with Your eyes of love but am harsh and condemning in my speech to myself and others.

I confess my sin of unbelief, trusting in what I can see and not trusting You. (This kept the Israelites out of the Promised Land and I don’t want to be kept out of my Promised Land.) (Hebrews 3:19).

I confess my jealousy of _____ (name of specific person) for their _____ (blessing). I know that grieves You because I have overlooked or devalued the gifts You have given me. Thank You for (my gifts) and I bless _____ (name of person) with even more gifts from You.

I confess my anger when _____ (be specific). Please show me what I am afraid of so that I can confess my fear/unbelief.

I confess my fear of _____ (be specific). Please show me where it came from so that I can remove the root.

I confess that I do not love You with all of my heart, soul, mind and strength. Nor do I love my neighbor as myself. Please help me.

I confess my resentment/bitterness toward _____ (name of person).”