

# A Simple Order for Confession

*For two trusted Christians. No priest or booth required.*

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## TO BEGIN

*Sit together. Whoever is confessing can begin with something like this:*

“Will you hear my confession, and speak God’s forgiveness to me?”

## THE ONE CONFESSING

*Name the specific thing. Not vaguely – actually say what you did.*

“I confess that I \_\_\_\_\_.

This is against God and against \_\_\_\_\_.

I am sorry, and I ask for God’s forgiveness.”

## THE ONE LISTENING

*Listen without minimizing it and without piling on. Then respond with the actual gospel – something like:*

“Christ died for this sin too. His promise is for you.

You are forgiven.”

*Or, more simply: “Because of Jesus Christ, this does not condemn you. God’s mercy is yours.”*

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*This isn't a different forgiveness than the one Christ already accomplished. It's the same forgiveness – spoken now, out loud, where you can actually hear it.*

# A Few Things to Know

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- Choose someone trustworthy.  
Someone discreet, mature, and honest about their own sin. Not someone controlling, careless with confidentiality, or in the habit of using spiritual authority against people.
- This is not venting.  
Venting describes your feelings about a situation. Confession names your own sin — what you did, not what was done to you.
- This is not gossip.  
Confession is about your own sin, not a detailed report on someone else's failures, even if their sin is entangled with yours.
- This is not taking responsibility for what someone did to you.  
Abuse, coercion, betrayal, and trauma are not sins you need to confess, even if someone once taught you to blame yourself for them.
- This is not a replacement for actually stopping.  
If the same confession keeps repeating with no change, say so honestly — not to withhold forgiveness, but because the pattern may need more help than a conversation can give.
- This is not a replacement for making amends.  
Where it's safe and appropriate, confessing to a friend doesn't replace truth-telling, restitution, or accountability with the person you actually harmed. Absolution is free. Repentance may still have work to do.
- This is not therapy, though it can be therapeutic.  
A therapist has training a friend doesn't. Confession and professional help are not competitors — some situations need both.

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## A LAST WORD

This isn't a Catholic thing you're not allowed to want. It's a Christian practice that got quietly set down. You don't need a booth. You need one trustworthy person, one honest sentence, and the willingness to hear forgiveness spoken instead of only believed.