

# Experiencing God's Love and Forgiveness

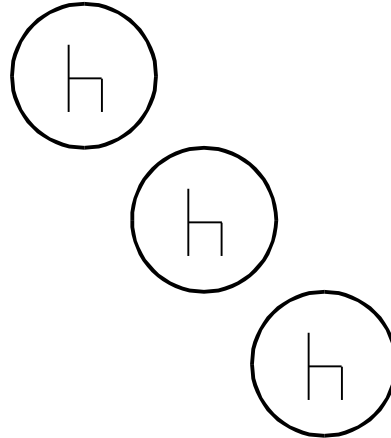
*Biblical Basis: 1 Corinthians 2:14-3:3*

## Three types of people:

1. Natural Man

2. Spiritual Man

3. Carnal Man



## Spiritual Breathing - like physical breathing

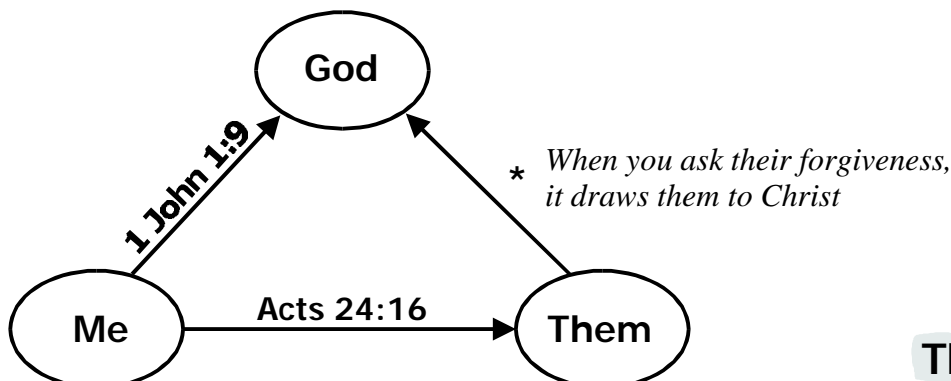
*Exhale* - Confess your sins. 1 John 1:9 The word "confess" means to agree with God that you have sinned.

*Inhale* - Surrender the control of your life to Christ, and receive the fullness of the Holy Spirit by faith. Trust that He now directs and empowers you. (See Lesson 5 and 6 for more details.)

## 5 steps to confession

- A. Pray and ask God to reveal sin
- B. Make a list of those sins
- C. Confess each one individually
- D. Write "1 John 1:9" across the list and tear it up
- E. Restitution - asking other people's forgiveness whom you have offended

## Triangle Diagram



**The Basics** #4

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