

The Practice of Confession

A key element of the journey to wholeness is authenticity or vulnerability. When we are seeking wholeness, we drop any pretense and take the brave, vulnerable step toward authenticity. The practice we'll focus on this week is confession. Instead of different daily exercises, you're invited to write a prayer of confession at the end of each day this week. Be vulnerable with God about when you lost your temper or were impatient with someone that day. Note when you felt yourself hiding behind a shinier version of yourself instead of letting your true self show through, and confess that too. The practice of being honest with ourselves and honest with God propels us on our soul reset journey.

By: Junius Dotson, *SOUL RESET - breakdown, breakthrough and the journey to wholeness*, UPPER ROOM BOOKS, Nashville 2019, page 124.