

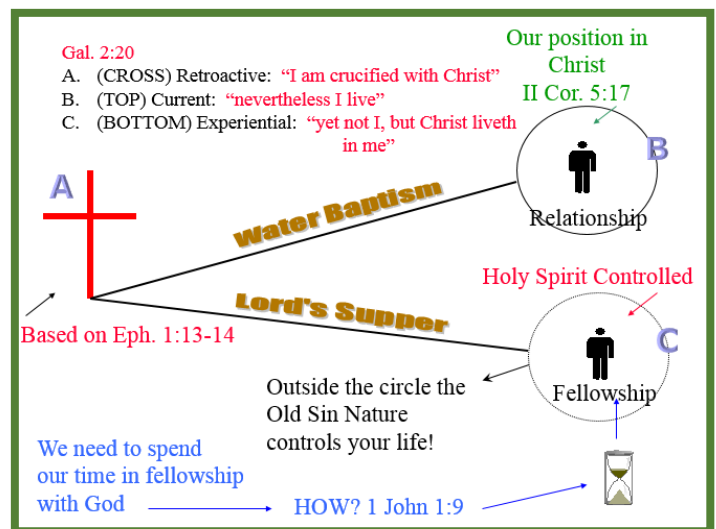
What To Do When You Realize You Have Sinned?

Introduction: There are many biblical concepts used in the Bible that people believe in that don't have a specific word describing them. For example, the word "bible" is not found in the Bible, but we use it anyway to describe the Bible. Likewise, "omniscience" which means "all-knowing," "omnipotence" which means "all-powerful," and "omnipresence" which means "present everywhere," are words not found in the Bible either, but we use them to describe the attributes of God. You will not find the words Trinity or rapture by name in the Bible, nor the word mission and a number of other terms we use to describe theological concepts clearly taught in Scripture.

We don't have to see a specific word in the Bible in order for the concept it describes to be true. The reason I'm sharing this with you is in the theological world (those who teach the Bible) we use words to explain a lot of information in one word or phrase. If I use the word Trinity you know I'm taking about, God the Father, Son and Holy Spirit and all the doctrine that is tied to the Trinity should come clear to your thinking.

I. Rebound is God's Grace Provision for Recovery from Sin & Carnality

- A. Once a person believes in Jesus Christ, he cannot lose his salvation.
1. Salvation is the work of God. God is perfect and His work cannot be improved upon, nullified or destroyed by any member of the human race.
 2. You cannot lose your salvation because at the moment you believe the gospel, the Holy Spirit enters you into union with Christ and you cannot get out.
 3. This is our unchangeable relationship with God forever.



Romans 8:38 - For *I am convinced* that *neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers,*
³⁹ ***nor height, nor depth, nor any other created thing, will be able to separate us from the love of God, which is in Christ Jesus our Lord.***

1. ***"I am convinced"*** Utmost confidence – it's based on what I have learned – Bible information stored in the mind.
2. ***"neither death"*** Our Lord conquered death (resurrected) and so will we (2 Cor. 5:8)
3. ***"nor life"*** There is nothing in life that can separate us from the love of God. (no sin, no failure, no nothing)
4. ***"nor angels, nor principalities"*** There is no angel – with the power to separate us from the love of God) "principalities" high ranking angels

5. ***“nor things present”*** current events – those things that keep on being present throughout your life. (all the opposition, hardships, sickness, tribulations, etc.)
 6. ***“nor things to come”*** future events – what is about to happen. I don’t know what is going to happen next.
 7. ***“nor powers”*** demonstrations of power (i.e.) there is nothing in the historical events on earth that can separate us from the love of God.
 8. ***“nor heights, nor depth”*** There is no way to get away from God – you can’t go high enough or low enough”.
 9. ***“nor any other created thing, will be able to separate us from the love of God,”*** Nothing that has been created can separate us from God’s Love.
 10. ***“which is in Christ Jesus our Lord”*** All because of our salvation (relationship) with Christ
- B. However, you can become carnal which means to be “out of fellowship” with God and under your own control. ***1 Corinthians 3:1-3***
1. This allows the old sin nature to take over your mind.
 2. As a result your mind is occupied with personal sins.
 3. These personal sins are mental attitude sins such as worry, fear, hate, vindictiveness, etc.
 4. Mental attitude sins will lead to sins of the tongue and overt sins.
 5. The result of sin is to be under God’s discipline.

1 Corinthians 3:1-3 (NASB)

¹ ***And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ.*** ² ***I gave you milk to drink, not solid food; for you were not yet able to receive it. Indeed, even now you are not yet able,*** ³ ***for you are still fleshly. For since there is jealousy and strife among you, are you not fleshly, and are you not walking like mere men?***

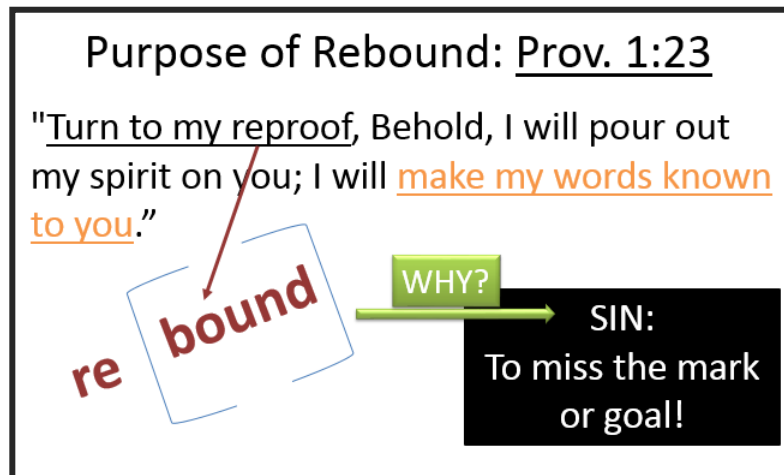
1. ***“And I Brethren”*** a technical term for the members of the Royal family of God
2. ***“Could not speak to you”*** communicate God’s word - because of their immaturity - they are out of fellowship and not growing spiritually.
3. ***“As to spiritual men,”*** they are acting as if they have never learned anything - the old sin nature is able to get a shallow lever (doctrinally) out of fellowship because they don’t have the spiritual knowledge or ability to resist temptation. Spiritual power comes from two sources, one is God the Holy Spirit and the other is the word of God.
4. ***“flesh”*** out of fellowship
5. ***“As to infants in Christ”*** they are and acting like baby Christians – is a term used for ignorance not helplessness due to age. In an example: calling a youth a baby, acting like a baby.
6. ***“I gave you milk to drink”*** basic doctrines taught in the Bible.

7. “**not solid food**” this is a reference to the more advanced doctrines
8. “**For you were not yet able**” past tense in Greek meaning when you go negative to the word of God you have no motivation to learn more truth from God’s word, pleasures of life become more important.
9. “**Even now**” is present tense
10. “**you are not able**” people don’t reject the pastor, they reject the message of God and used a pastor as an excuse. The pastor is not the issue, the word of God is the issue. Just because you are say does not guarantee spiritual growth.
11. “**For you are still fleshly**” carnal – out of fellowship – the old sin nature controls you not to Holy Spirit.

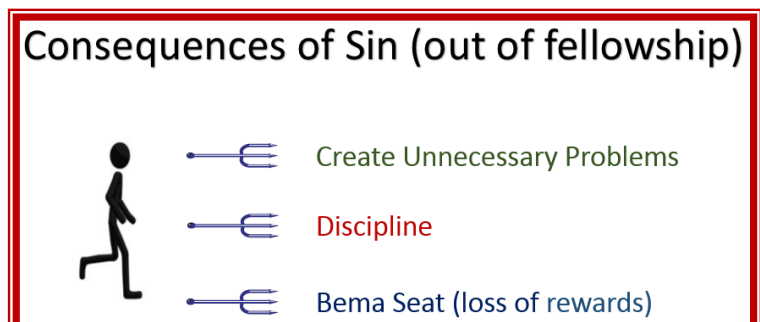
When I am convicted of sin, my only recourse is confession which allows the Holy Spirit to reestablish my mind under the Holy Spirit’s control. This process is called **REBOUND**.

II. The Mechanics of Rebound – Confession. *1 John 1:9*

- A. This doctrine is designed to provide the answer to the question, “What is the believer to do when he commits personal sins after making the salvation adjustment?”
- B. Rebound is the doctrinal term that is used to describe the action that a believer takes once he has recognized that he is out of fellowship and desires to regain his fellowship with God.



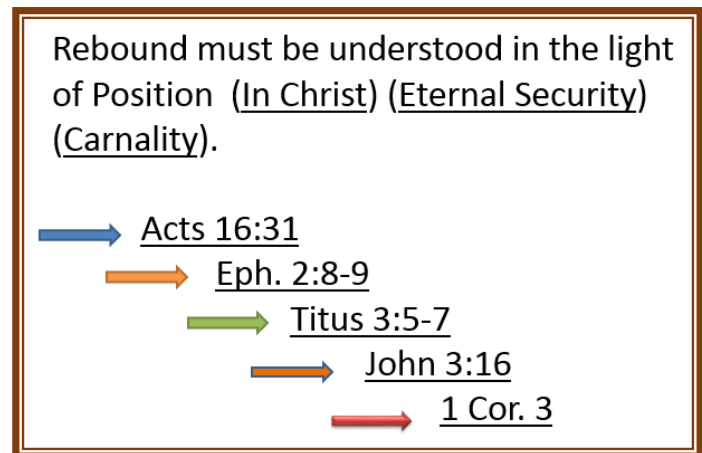
- C. This doctrine acknowledges the biblical fact that all believers continue to possess a sin nature and continue to commit personal sins following salvation. *1 Kings 8:46; Ps. 143:2; Prov. 20:9; Eccles. 7:20; Rom. 7:19,23; 1 John 1:8,10*
- D. The **good news** after salvation is: the believer is no longer under God’s judgment for sin (*John 3:16-18*), but the **bad news**: he will commit personal sin even though he is a believer. (*1 John 2:1-2*)



- E. Personal sin breaks the believer's fellowship with God, but his family status is unchanged (*1 Peter 1:15-16; 1 John 1:5-6*).
- F. Recovery of fellowship is through the believer confessing his known personal sin to God (*1 John 1:9*).
- G. Confession means to acknowledge and admit the sin to God.
- H. The reason God forgives and cleanses is because Jesus Christ has already paid the penalty for the sin (*1 John 2:1-2*).
- I. *1 John 1:8-10 (NASB)* ⁸*If we say that we have no sin, we are deceiving ourselves and the truth is not in us. ⁹If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. ¹⁰If we say that we have not sinned, we make Him a liar and His word is not in us.*

III. Actual terms used to describe the act of rebound.

- A. Confess. *1 John 1:9*
- B. Repent. *Luke 17:4*
- C. Awake (from spiritual sleep) and arise (from temporal death). *Eph. 5:14 cf. Rom. 13:11*
- D. Laying aside, or putting aside. *Heb. 12:1; James 1:21; 1 Peter. 2:1*
- E. Cleanse your hands and purify your hearts. *James 4:8*



IV. Synonyms for Rebound

- A. Present Yourself - *Romans 6:13* *and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God.*
- B. Present Your Body - *Romans 12:1* *I urge you therefore, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.*
- C. Awake, Arise and Christ Will Shine on You - *Ephesians 5:14*, *"For this reason it says, "Awake, sleeper, And arise from the dead, And Christ will shine on you."*
- D. Redeeming The Time - *Ephesians 5:16* *making the most of your time, because the days are evil.*
- E. Lay Aside – *Hebrews 12:1* *Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance, and the sin which so easily entangles us, and let us run with endurance the race that is set before us,*

- F. Be Strong in the Lord - **Ephesians 6:10**, “Finally, be strong in the Lord, and in the strength of His might.”
- G. Judge Yourself Rightly - **1 Corinthians 11:31** But if we judged ourselves rightly, we should not be judged
- H. Lift up the hands that hang down, **Hebrews 12:12** “Therefore, strengthen the hands that are weak and the knees that are feeble.” The restoring of your strength is the filling of the Holy Spirit.
- I. Be subject to the Father of your human spirits, **Romans 8:16; 1 Corinthians 2:11-13c. Hebrews 12:9**, “Furthermore, we had earthly fathers to discipline us, and we respected them; shall we not much rather be subject to the Father of spirits, and live?”
- J. Make straight paths, **Matthew 3:3; Hebrews 12:13**. This relates Rebound to using the other problem solving devices as well.
- K. Lay aside the old man, **Ephesians 4:22** that, in reference to your former manner of life (post-salvation sinning), you lay aside the old self, which is being corrupted (reversionism and degeneracy) in accordance with the lusts of deceit (strong pressures from the sin nature in your area of weakness).” This emphasizes Rebound as a means of victory over the old sin nature.



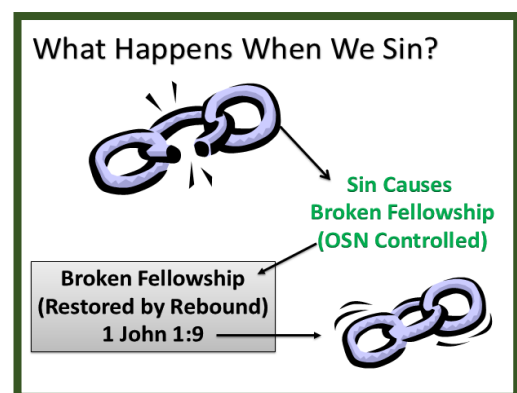
V. Vocabulary

- A. Hebrew – “Yadhah” has its primary meaning – the confession of sin. The verb emphasizes both the recognition of a fact and the declaration of that fact. **Leviticus 5:5, 16:21**
- B. Greek – “Homologeō” – verb 26 times, literally to say the same thing as another, to share a common view, to concede that something is true, to admit, to acknowledge.
- C. Rebound is the doctrinal term that is used to describe the action that a believer takes once he has recognized that he is out of fellowship and desires to regain the fellowship with God.

VI. First John 1:9 - Addressed to Believers Only (in context)

First John 1:9 - *If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*

- A. “If” (the conjunction (ean) introduces a condition of the third class, which presents the condition as uncertain of fulfillment, but still likely; maybe we will confess, maybe we won’t).
- B. “We” Believers.



- C. “**confess**” (the verb (homologeo) " Homo: same me, logeo; to name, to admit, to acknowledge, to cite. These two Greek words give the idea of two people coming to a common agreement on a matter. It means to cite or acknowledge; it was used in a legal sense to denote one that made a true statement in a court of law. Since this is a legal term having to do with citing the facts of the case, it implies that the Supreme Court of Heaven places no emphasis on anything beyond that confession.)
- D. “**our sins**” (the pronoun indicates that believers can and do continue to commit sins after salvation. The Greek noun a`martia, a (hamartia) means to miss the mark; hence, it denotes an action that is not righteous, a sin).
- E. “**He**” (immediate context indicates that God is in view). **1 John 1:7**
- F. “**is faithful**” (reliable, trustworthy; we can rely on the fact that God does the same thing every time we confess a sin, since He is immutable)
- G. “**and righteous**” (God does not have to violate His righteousness in order to provide forgiveness, since all sins have been judged in Christ. The term recognizes that God’s forgiveness is in accordance with the highest standards of law, justice, and morality).
- H. “**to forgive us our sins**” (as the offended party, only God can forgive those that violate His righteousness, and fall short of His glory).
- I. “**and to cleanse us from all unrighteousness**” (not only does God forgive the sin in question, all other sins that may have been committed in the interim are also forgiven at confession of a single sin. The believer can be assured that God cleanses us from all sins, known and unknown, and the guilt that is associated with them.)

VII. The Basis of Confession

- A. Divine Mechanics: At the cross Jesus Christ bore all sins; the Father judged those sins so they can never be judged again. Only way to be cleansed is to agree that this is a sin and it was judged. **1 John 1:7, 9.**
- B. Human Mechanics: Use **1 John 1:9**. Identify the sin, name it.

VIII. Conditions of Rebound

- A. "If we confess": No works attached, admit the sin, which is citing the sin or sins that God the Holy Spirit has pointed out. Through the Word of God, The Holy Spirit points out sin, **John 16:7-11**. The believer realizes what the Holy Spirit points out.
- B. How does He point sin out?
 - 1. Through loss of peace: **Phil. 4:6-7**
 - 2. Through severe chastening: **Heb. 12:6**
 - 3. Through a guilty conscience: **Heb. 13:18**
 - 4. Through sorrow: **Psalms 32**

- C. Sorrow does not cleanse sin - EVER! Only admitting the sin to God does. But the Holy Spirit through the Word definitely can point out the sin in one way or another. The above four points are not exhaustive.
- D. God forgives then, on the basis of confession, not on the basis of how we feel about it, or on penance, or on a promise for our future conduct.
- E. Basing our forgiveness on something we do constitutes works, and is not what the Bible says.
- F. Just as God deals with man in grace at salvation (God does everything, man does nothing) so also He treats us grace in the matter of restoration to fellowship.

IX. Alternative to Rebound

- A. Discipline. *Hebrews 12:1-5*
- B. Sin unto death. *1 John 5:16* (almost always someone who refuses to Rebound)



Psalm 66:18 - If I regard wickedness (sin) in my heart, The Lord will not hear;

X. Case History of Rebound. *Luke 15:11-32* (The Prodigal Son)

XI. Assistance to Rebound. *Galatians 6:1*

- A. Forgive as Christ forgave. *Matthew 18:23-28*

XII. Purposes of Rebound

- A. So the believer can have production through the filling of the Holy Spirit. Rebound is not a license to sin, but a license to serve. *Proverbs 1:23*

XIII. The Basis of Rebound

- A. Sins were paid for at the cross. *1 John 1:7*

XIV. Rebound described prophetically. *Proverbs 1:23*

XV. Rebound in the Old Testament - *Isaiah 43:25-28*

Isaiah 43:25-28 (KJV)

²⁵ I, even I, am he that blotteth out *thy* transgressions for mine own sake, and will not remember *thy* sins. ²⁶ Put me in remembrance: let us plead together: declare thou, that thou mayest be justified. ²⁷ Thy first father hath sinned, and thy teachers have transgressed against me.

²⁸ Therefore I have profaned the princes of the sanctuary, and have given Jacob to the curse, and Israel to reproaches.

- A. The Principle of Rebound: *Isaiah 43:25*

1. “*thy transgressions*”: Confessed sins

2. **“for mine own sake”**: *The sake of Christ*
3. **“will not remember try sins”**: *Unknown sins. When we confess the known sins, He blots out the unknown sins. Same as 1 John 1:9.*
4. *Thus in 1 John 1:9, “sins” - known sins, and “unrighteousness” (unknown sins)*

B. The Mechanics of Rebound: v. 26

1. **“Put me in remembrance”**: Cause me to remember to use Rebound. It is the only hope for me as a believer and for the nation. The health of the nation depends upon the spiritual life of its born-again believers.
2. **“let us plead together”**: Let us enter into judgment. All sins were judged at the Cross.
3. **“declare thou”**: CONFESS (name it to the Father), you do the confessing.
4. **“that”**: Result clause: As a result of confessing.
5. **“You may be justified”**: Cleansed, be made experientially righteous.

C. The Alternative to Rebound: v. 27-28

1. **“Thy first father”**: King Hezekiah
2. **“hath sinned”**: Reference to the five sins of Hezekiah whereby the Assyrians invaded the land. Starting at the top, there had been sin.
3. **“Thy teachers have transgressed”**: Teachers did not teach doctrine. Only Isaiah did.
4. **“profaned”**: Destroyed. Referring to the 5th Cycle of Discipline as it would come.
5. **“given Jacob”**: Unbelieving Israel.
6. **“to the curse”**: 5th Cycle of Discipline
7. **“Israel to reproaches”**: Believers. Believers suffer with unbelievers in national discipline. The 5th Cycle refers to the Babylonian captivity. The alternative to Bible Doctrine and Rebound is divine discipline.

XVI. Rebound Psalms - *Psalms 32, 38, 51*

XVII. Procedure Related to Rebound

A. Name it – *1 John 1:9*

B. Isolate it – *Hebrews 12:15* (you will face injustice, don’t react - learn from it).

C. Forget it – *Philippians 3:13*

1. Are you still bitter, hateful, complaining, and vindictive?
2. Recalling past failures?
3. Keep moving – *Philippians 3:14*
4. Stay on the playing field – *2 John 8-9*. It’s not how you start, but how you finish!

D. FAILURE TO REBOUND WILL HAVE SERIOUS CONSEQUENCES IN OUR SPIRITUAL LIFE: As carnal believers, we CAN NOT PLEASE GOD by anything we do (*Romans 8:8*).

1. Our PRAYERS ARE NOT HEARD by God, no matter how "sincere" they may be (*Psalms 66:18-19; Eph. 6:18; Jude 1:20*).

2. We will LOSE MANY REWARDS in eternity. *1 Cor. 3ff*
3. Bible doctrine does NOT RENEW OUR MINDS. *Rom. 12:1-3*
4. God will CONTINUALLY DISCIPLINE US. *Heb. 12ff*

XVIII. Three Results of Rebound

- A. He is restored to fellowship with God.
- B. He recovers the filling of the Holy Spirit.
- C. He resumes his spiritual life.
- D. Rebound is abiding in Christ once again.

John 15:4

1. At that point, the believer is able to walk in the light. *1 John 1:7*
2. He has fellowship with God, and may have fellowship with others in the light.
3. He is able to walk in the truth. *2 John 1:3-4*
4. He is able to walk in love. *Ephesians 5:2*

- E. When you Rebound one of three things can happen:

6. Removal of all disciplinary suffering.
7. Reduction of Divine Discipline and turning the suffering into blessing.
8. Divine Discipline continues at the same intensity and turning suffering into blessing.

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Consequences of being in fellowship



Filled with the Holy Spirit



Divine Viewpoint Thinking



Solving Problems God's Way

XIX. Conclusion

- A. Remember no matter how sincere you really are:

1. A wrong thing done in a wrong way is wrong
2. A right thing done in a wrong way is wrong
3. A wrong thing done in a right way is wrong
4. A right thing done in a right way is right