

**we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar and His word is not in us."**

Rebound is the principle whereby we as royal priests can regain our fellowship with God in time. It is the simple acknowledgement of any known sin to God the Father in the Name of the Lord Jesus Christ by the believer under the privacy of his very own royal priesthood. The believer has an eternal relationship with God that can never be broken but on the other hand he has a temporal relationship with God that can be broken. Our eternal relationship means that we can never lose our salvation. But our temporal relationship with God means that we can lose our fellowship with Him in time by sinning or giving into the old sin nature. So it is very important that we understand why we need to rebound and its mechanics.

The 4 steps to Rebound are as follows: (1) Admit your sins to God. (2) Isolate your sins. (3) Forget your sins. (4) Keep moving. Once you have admitted your sins to the Father, do not recall these sins to your mind, but rather forget them. This isolates the sins you have acknowledged so that you don't get involved in chain sinning. It is also essential for the believer to understand that Rebound is the 1<sup>st</sup> step to having fellowship with God. The believer must not only rebound but also start applying the Word of God immediately after rebounding so that he can remain in fellowship and not have to repeat the rebound procedure once again. This is what I mean by chain sinning. But if you do have to rebound, always remember, God does not care how many times you rebound...He will not get exasperated with us if we rebound 1000 times a day.

As a spiritual child we give into the old sin nature more often than not. The spiritual child does not remain in fellowship with God as long as a spiritual adult would. The spiritual adult stays consistently in fellowship for longer periods of time. The spiritual child is inconsistent and thus utilizes rebound more than the spiritual adult. Regardless, both the spiritual adult