

*Is it a sin to confess something and you know you did not do it?*

Lying is a sin. Without accurate information authorities; for example, are not able to properly punish criminals.

False witnesses lie (Pr 14:5, 25). It is in their nature to do so (Jn 8:44).

If you have displeased God (Jas 4:17), you can pray for deliverance from the situation (Ps 120:2).

Don't do as you please. Do as God pleases (Ro 8:1-11). The Holy Spirit will guide you (Ps 119:105) so that one day you can stand before the Lord with clean hands and a pure heart (Ps 24:4).