



Session 3

Confession

BIG IDEA

A picture of true confession. Confession is an act or process of admitting or acknowledging one's wrongdoings, faults, or sins, whether to God or another person.

OPENING QUESTION

We live in a culture that does not use the word sin often; we call it all sorts of other things. What examples do you have?

GROUP DISCUSSION

- Read this passage: Proverbs 28:13-14, 2 Chronicles 7:14, James 5:16, 1 John 1:9-20. Twice out loud, in different versions of the Bible – everyone listens.
- What are some significant observations you have about this text? What stood out? What didn't you like? What was confusing?
- What does this passage teach us about God? How does it change how I see God?
- What does this passage teach us about humanity/ourselves? How would it change how I treat others?
- What does this passage teach us about obedience and following the way of Jesus? How should it affect the way I live?

A rule of life is a set of rhythms and restrictions we habituate that helps us connect with God and resist popular culture.

January 18
WEEKEND

Changed by Jesus

Questions:

Is it hard for you to say I am sorry?

If you are comfortable, share a time when you had to say sorry, and it was very difficult.

“In confession, there comes a breakthrough to certainty. Why is it that it is often easier for us to confess our sins to God than to a brother? God is holy and sinless... but to a brother? He is a sinner too, but precisely because of this, the confession is easier.” “He who is alone with his sin is utterly alone.” -Dietrich Bonhoeffer

Confession is about accountability and support because we already have forgiveness found in the gospel.

Questions:

Where can you begin to be honest in your self-examination?

Where in your life do you need God to change what's most true?

Where are you limiting the power of the gospel to give you more than eternity?

Self-Reflection:

Where do you have the opportunity to be honest with other people about your needs and failures?

Join the mission of Jesus

I will statement...

Based on what God is teaching in this passage, what should I do? Reflect for a minute or two and develop an action statement. As disciples this helps us to be changed by Jesus. Put it in the form, “I Will _____”. Make it concrete, simple, and achievable.

At the end of this series, we will provide a way for us to practice these rhythms and restrictions with a communal challenge to embrace a 40 day rule of life.