

## **Lifegroup Session 1: Discussion 10**

### **Spiritual Habits: Confession**

#### **Cross Culture Church**

**Goal:** The goal of this discussion is to learn about the discipline of confession.

#### **Connect**

1. Welcome & Introduce yourselves. Go over the outline for the night.
2. Expectations:
  - Show up. If you can't make it let us know. What you put in is what you will get out.
  - Have fun. We like to have fun, laugh, and be real!
  - We ask that what is said here stays here. We want this to be a safe place where we can be authentic and vulnerable.
  - When we are honest and vulnerable we grow.
3. Introductions (if a new person joined). Have everyone share how they got connected to the life group and CCC.
4. Big picture reminder: We are learning the Spiritual disciplines. We are learning how to go to the gym of the spirit, how to put more "tools" in our spiritual tool belt. Our goal is to grow closer to Jesus and walk in the freedom that spiritual disciplines bring.

#### **Discussion:**

1. Follow up: How did pursuing service go? How did you serve someone last week? What was successful? How are you serving? How are you wanting to serve?

#### **New Discipline: Confession**

**Discussion:** Richard J. Foster introduces confession with the following quote:

"But if we know that the people of God are first a fellowship of sinners, we are freed to hear the unconditional call of God's love and to confess our needs openly before our brothers and sisters. We know we are not alone in our sin. The fear and pride that cling to us like barnacles cling to others also. We are sinners together. In acts of mutual confession we release the power that heals. Our humanity is no longer denied, but transformed."

What stands out to you in this quote? How can confession bring healing? How can confession lead to transformation? How can we let go of pride and fear?

**Have your group read: Luke 15: 11-32** *The parable of the lost son*

**Discussion:** What can we learn about God's heart from this parable?

**God's greatest delight is to forgive! He celebrates when one person comes to him! He delights in forgiving you and welcoming you home!**

**Confession has taken on some negative connotations, but it is meant to bring freedom from sin and transformation. It is meant to liberate you from the heaviness of sin and set you free in God.**

**There are 2 types of confession:**

- 1. Confession to God- we have direct communication with God. We can confess our sins directly to God and repent.**
- 2. Confession to our brothers and sisters in God. There are times we need to confess our sins to someone we trust in the family of God. If you are struggling with a sin that you can't overcome and need help (addictions- drugs, gambling, pornography, sexual sin, alcohol-whatever it may be) confessing to a trusted brother or sister in Christ can bring healing, restoration, and accountability.**

Have your group read: ***James 5:16***

**Discussion:** What stands out in this passage? Why should we confess our sins? For healing!

**Richard J. Foster in the Celebration of Disciplines says there are 3 things necessary for confession:**

- 1. An examination of conscience-** inviting God to move upon our heart to show us areas we need his forgiving and healing touch. We have to bring concrete, specific sins.
- 2. Sorrow-** a deep regret for having offended the heart of the Father. It is taking the sin seriously and having true remorse for it.
- 3. A determination to avoid sin-** a yearning for holy living, a hatred for unholy living

**Action: What do you need to confess? Spend some time this week praying for God to reveal the sin in your life. Pray for holy living and seek healing. If you feel led to confess, reach out to a trusted follower of Jesus (lg leader, mentor, close friend) and set a time to confess and find healing.**

**Confession to others isn't a means to forgiveness (God forgives all our sins and gives us grace), but to healing, liberation, restoration, and accountability and encouragement.**

**Prayer:** Lord show us the areas of our life that we need to repent and turn from. Reveal to us the sin in our lives. We long to be holy, we long to be healed, and we are so thankful for your grace and forgiveness.

**Reminders:** Remind them when your next life group is, share any CCC updates, and invite them to invite their friends to join your group.