

How We Grow: Practicing the Spiritual Disciplines  
Small Group Discussion Questions  
Week Five - Confession

Discussion Questions:

1. What immediately comes to mind when you hear the word "confession?" Generally speaking, does confession have a positive or a negative connotation?
2. How can confession help increase one's spiritual self awareness?
3. In the sermon, Jason defined confession as "the spiritual discipline of acknowledging the presence of specific sin in your life." In your opinion, how important is it to be specific when confessing sin? What do we lose whenever we generalize our sin without naming it specifically?
4. Read 1 John 1:5-10. What stands out to you about this passage? What does this passage teach us about confession?
5. Jason pointed out that confession is the antidote to the sin of secrecy. How does Satan use secrecy to wound us spiritually?
6. Read James 5:16. What is the connection between confession and healing?
7. Jason pointed out that confession begins with God. In your opinion, when is it appropriate to confess your sin to someone else?
8. Jason pointed out three elements of godly confession: Honesty (Acknowledge Sin); Humility (Ask Forgiveness); and Help (Accountability). What qualities should you look for in an accountability partner?
9. If someone confesses a sin that they committed against you, are you obligated to forgive them immediately? Spend some time discussing wise approaches to this type of situation.
10. Exercise: Martin Luther suggested a simple practice of using the Ten Commandments as a guide for confession, reading each commandment and asking God's forgiveness for any ways we have violated His command. Have everyone in your group open to Exodus 20:1-17. Have someone read the passage slowly, followed by a moment of silent reflection. Go around the circle and have group members make confession for the group according to the order of the Ten Commandments. For example, the first person would say, "Lord, forgive us for having any other gods before you." The second person would say, "Father, forgive us for bowing down to any other gods, for we know you are a jealous God." Use this time of corporate confession to lead into more personalized confession as you pray for one another.