

GO DEEPER

use these questions for further study

Read James 5:13-16 Share 1-2 observations you have about this passage and then answer some or all of the following questions.

What do you think of when you hear the word confession?

Does it have positive or negative feelings attached to it?

Where do your feelings or assumptions about confession come from?

When you pray, does your confession tend to be vague (“forgive my sins God”) or is it specific and precise (“forgive me for being unloving when I said _____”)?

What does a lack of specificity do to self-awareness?

How does specificity lead toward greater maturity?

How does specificity lead toward greater freedom?

James tells us to confess our sins to one another:

In what ways is the idea of confession counter-cultural?

Do you think confessing to another person is necessary for our spiritual formation and maturity? Why or why not?

If we are all priests, why do we need to confess to one another?

What is the connection between confession and healing?

Why is it important to have Confidentiality, Compassion, and Commitment when confessing sins to another person?

Read 1John 1:8-10: What is the benefit of confession?

When have you experienced the joy of forgiveness? What was it like?

How is forgiveness justice?

Honestly consider where some of the following sins show up in your life: envy, lust, greed, gluttony, deceit, lying, slander, gossip, pride, avoiding responsibility, idolatry, fits of anger, divisions, dissensions, rivalries, etc.

Confess specific manifestations of these sins in your life to God.

If you have hurt someone by these sins confess it to them.

Consider confessing these sins to a trusted brother or sister.

After confessing, receive God’s forgiveness and joyfully dwell on it.

Prayer Practice:

Use Psalm 51 as prayer of confession each day this week

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