

## Session 3: Confession

# Session Guide

## Teaching Notes

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. (Philippians 4:6, NASB)*

It's a focus on our need and lack of resources. It's my inability to handle the situation. It's an awareness of my limitations and my dependency.

If you want to experience God, the prerequisite is to be \_\_\_\_\_.

*The LORD is near to all who call on him, to all who call on him in truth. (Psalm 145:18)*

Confession is \_\_\_\_\_ we can't do it.

*The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise. (Psalm 51:17, NASB)*

## Personal Reflection Exercise

*Spend some time alone (we suggest at least 15 minutes) to think and pray about what God is teaching you Pause: Take a moment to pray and reflect on what you've just learned.*

*Respond: Spend some time alone (we suggest at least 15 minutes) to work through the following questions at your own pace—either in your personal journal or through the Online Discipleship website.*

**(1) The first step in the ACTS model for prayer is ADORATION, which is all about seeing God for who He really is. This second step, CONFESSION, is to see ourselves in light of God's nature. As you consider what you know about God, how does that impact the truth about who you are?**

*Because God is \_\_\_\_\_, I know I am \_\_\_\_\_ .*

*Because God is \_\_\_\_\_, I know I am \_\_\_\_\_ .*

*Because God is \_\_\_\_\_, I know I am \_\_\_\_\_ . (Repeat as you feel led!)*

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*(2) Psalm 32:1 says, “Blessed is the one whose transgressions are forgiven, whose sins are covered.” In light of your experience, describe the blessing that comes from being forgiven by God. What happens when this blessing is missing? What kind of impact does unconfessed sin make in your life?*

*(3) Read the following two scriptures:*

*“For I know my transgressions, and my sin is always before me.” (Psalm 51:3)*

*“If we claim to be without sin, we deceive ourselves and the truth is not in us.” (1 John 1:8)*

*It can be easy to get stuck in a rut and lose awareness of our sins. What are some ways that you can avoid “deceiving” yourself and be more mindful of your sins?*

*(4) Based on Chip’s teaching, what is the difference between feeling condemned versus feeling convicted?*

*(5) “Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the Lord.’ And you forgave the guilt of my sin.” (Psalm 32:5) At the heart of confession is accepting responsibility for our actions. For you personally, why can it be so difficult to accept responsibility for our sins?*

*(6) Chip said, “Confession isn’t beating yourself up.” How can we talk about our sins to God without feeling like we’ve beat ourselves up?*

*(7) Since God will forgive us, why shouldn’t we sin as much as we want and simply ask for forgiveness?*

*(8) Psalm 51:10-12 says, “Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.” What are some actions and/or attitudes from the past week that you need to confess to God? Is there a trusted friend or mentor with whom you can share these with so that they can pray for you?*

*Is there anything else you’ve heard God say? Anything else you need to reflect on through writing?*