

Home Group Discussion Guide for Spiritual Disciplines: Confession

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The following questions are designed to help groups explore the message above by challenging participants to consider how God is wanting them to apply it to their lives.

The questions are a **guide** to help lead discussion.

Please don't feel that all questions need to be asked, instead respond to the needs of your group.

If you have new people in your group, take the opportunity to introduce each other and clarify any expectations that are present in your group (such as confidentiality).

GETTING STARTED

1. What image / idea do you first think of when you hear the discipline of confession?
2. What experiences have you had of confession? Were they positive or negative?

REFLECTING ON THE MESSAGE

Key Scriptures: *Psalm 51; 2 Samuel 11-12*

1. What is the discipline of **confession** and what does it look like?
2. There are 2 alternatives to confession – **Deception** (*Keeping something hidden*) and **Denial** – Do you find yourself falling into one of these alternatives? Why?
3. David's example of confession found in Psalm 51 has 4 aspects. Take the time to look at each one and ask; What does this mean? What does it look like in our lives?
 - a. Appeal to the Character of God (Psalm 51:1-2)
 - b. Takes Ownership and Accepts Consequences (Psalm 51:3-4)
 - c. Makes An Appeal for Personal Needs (Psalm 51:7-8)
 - d. Makes A Commitment to Fostering Others (Psalm 51:1-2)

RESPONDING TO THE MESSAGE

1. Which of these elements do you find easiest to do? Why?
2. Which are harder? Why?
3. What is one thing about confession you feel God is urging you to work on?
 - a. What are you going to do to practice it?

OPPORTUNITY FOR PRAYER

Over the Month of August we are celebrating what God is doing in our Church, and highlighting our 4 church values. This week's value is:

We are GATHERED by God for His glory.

- Celebrate what God is doing in our Church as we gather together
- In prayer we invite you to take the opportunity to celebrate the diversity of our Church.
- Invite God to share how **we** can make this church more accessible and welcoming

