



SESSION 6: CONFESS YOUR SINS ONE TO ANOTHER



IN THIS SESSION

Confession of sins to others can be frightening. Here we'll discuss the real nature and purpose of confession as it pertains to speaking God's truth into life situations.



KEY PASSAGES:

- **James 5:13-16** ¹³ Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. ¹⁴ Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. ¹⁵ And the prayer offered in faith will make them well; the Lord will raise them up. If they have sinned, they will be forgiven. ¹⁶ Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.
- **1 John 1:9-10** ⁹ If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. ¹⁰ If we claim we have not sinned, we make him out to be a liar and his word is not in us.



DISCUSS

- Have you ever confessed sin to another Christ-follower whom you trusted? Process through this/these experience(s) with your discipler or in your group.
- What are some personal obstacles that make confession of sin to others uncomfortable, unappealing or painful? In other words, why would it be hard for you to confess your sin to others?
- Name a few common excuses you give to yourself that really just “let you off the hook” in bringing the truth about your sin to light? Consider how the gospel effectively translates the exposure of your weakness into a highlighting of God's character and discuss your thoughts together.
- Describe a tangible expression of what you might see if the biblical teaching to “confess your sins one to another” was acted out in a healthy way in the church? What are the unique or defining features/characteristics that you can list based on this portrait? With the model you constructed in view, is there currently sin in your life that the Spirit is leading you to begin confessing to someone? Could this serve as a first step toward embracing your model in a God-honoring way?



PRAY

If there is unconfessed sin in your life, pray that God would help you find a trusted relationship where you might be able to experience his forgiveness in, as DeLashmutt says, “real time.” Pray also that the Spirit would work in your life to mature you into a person whom others can go to as they confess their own sins. In all things, pray that He would help you to “say the same thing” as He does in all aspects of your life.