



## LifeGroup Discussion Guide

### Confession

*Remember this page is designed to begin a discussion with your LifeGroup. It is not comprehensive. Allow the following questions to spur on deeper and further conversation, study, and discussion.*

What is something about you that probably no one knows? Go around and share a brief story of something in your life that is hidden, unknown, or secret. *[These are meant to be positive examples of there being more to our lives than what we usually see on the surface]*

The opening teaching in 1 John centers around "*confession*" as the Christian's practice of discipleship in regard to sin. **Look at: 1 John 1:5-2:2** and find the phrases "*If we claim*". What is it that these individuals were claiming? **READ: Genesis 3:8-10** - What do you think is going on in the human heart that makes us reluctant to accountability, to an honest admission and recognition of sin, that makes afraid to confess? **[READ: John 3:19-21]**

John's main argument is connecting the honesty and perspective of "*confession*" as an evidence of eternal life. But this requires that we actually understand what "*confession*" is and what it is not. **READ: Psalm 32:1-5** - Walk slowly through this text and carefully identify exactly what the Psalmist says in characterizing "*confession*." We provided 7 observations of "*True Confession*" in the sermon notes - which of those 7 is the most helpful to you for living with a sensitivity to sin?

We also defined "*confession*" as "*To acknowledge a fact without reservation, in agreement to authoritative truth.*" How does this definition help keep us from allowing false forms and rituals for confession?

Our sermon application is aiming at more than just an acknowledgment of sin - we are aiming for a Christlike perspective in how we view the world and our depravity and our temptations. Whether or not we confess sins does not change God. He does not change. How does learning to "*say about our sins what God says about our sins*" change us?

Our 2nd application is the function of this change. What is the difference (and danger) between aiming to be "*sinless*" vs "*sinning less*?" Which of those two aims elevate the sinner? Which of those two aims elevates Jesus? Which of those two aims put our hope in ourselves? Which of those two aims put our hope in Jesus? Close out your time with sharing an honest prayer request that aims to say about sin what God says about sin.