Lesson 10: Wednesday November 10, 2021

Teacher: Joshua Kirstine

**Spiritual Disciplines- Confession and Repentance**

“Confess” means “to agree together with.”

Confession is a truthful and humble admittance. Confession is an admittance that agrees with God, who is truth, that something *is what it is*.

**How does this clarity about what Confession is help you practice the spiritual discipline of confession better?**

**Why is truth telling so essential when it comes to true confession?**

**Why are we prone to make excuses and or only talk about part of the truth of our sin?**

**Why is dragging it into the light and proclaiming what it actually is before God so important?** (consider reading and talking about 1 John 1:8-9)

**Do you practice the spiritual discipline of confession regularly?**

Pastor encouraged us to “*Ask those who are close to us to be honest with us and to share whether or not they see that we are truly and humbly practicing confession of sin.”*

**Why might this be a helpful exercise for us to do?**

Read: James 5:16

**Why is it hard sometimes to confess our sin to one another?**

**Why is this practice a true blessing for us who belong to Christ and His family?**

One of the great benefits if confessing our sin to others is **accountability**. Pastor said, *“Confession is not just enough humility to say, I messed up. It’s enough humility to say, Help me see what I don’t see so I don’t do it again.”*

**Why is this so needed and helpful for us? How might we as a group grow in practicing this with each other?**

Pastor said, *“Why do we often choose the lie (& put on mask) instead of confessing the truth about our sin?*

*Idolatry- you value something more than God Fear of Man- You value others view of you more than God*

*When we are more motivated to hide sin instead of expose it, you likely still feel like you have something to prove. In this, you are still caught up in sinful performing. This is not the gospel. This is you putting on the jersey you used to wear when you were dead in sin!!!”*

**Do you see that you are not living out of the gospel when you do this?**

Christ in you will bring about a different motivation and practice unto repentance.

**Why is this so important to understand and apply?**

Repentance is turning from the sinful practice or path unto a righteous one.

**Why is the action of change in our practice or path an essential step to follow confession?**

**Why is confession without repentance hypocrisy?**

**What is the difference between Godly Grief and Self-serving grief?** (2 Corinthians 7:10)

In Matthew 18, Jesus says that those who do not repent after many patient steps by the brethren around him/her should be cast out and treated as an unbeliever. **WHY is this?**

Pastor gave some examples of modern day ways some people are not willing to pay the cost of what true repentance requires (couple living together, businessman and his taxes, woman in adultery)

**How might you be guilty of having some critical areas of sin overlooked because you are NOT repenting fully as you should?**

**How can we better come alongside each other in these things?**

\*Encourage your group members to meditate on the wonderful truths in the Baptist Confession at the end lesson.

Martin Luther said, “When our Lord and Master Jesus Christ said ‘Repent,’ he intended that the entire life of believers should be repentance.”

**May it be so…**

**Close in Prayer:** \*please be done by 8pm and encourage your parents to pick up their kids “before” they fellowship in the quad.