

Discussion Guide

Discussion Guides accompany the [weekly message](#).

Opening Activity:

Go around the group and have each person share a *funny, harmless confession* (e.g., “I sometimes eat dessert before dinner,” or “I once put salt in my coffee instead of sugar!”).

Read: Nehemiah 9:1-37; Psalm 51:1-12; 1 John 1:8-9

Discussion Questions:

1. Nehemiah 9:1-3 shows the people fasting, wearing burlap and sprinkling dust on their heads. Why were these outward actions so important in demonstrating their humility before God?
2. What does the repeated pattern of sin, confession and mercy in Nehemiah 9 teach us about God’s character? (See verses 16-19, 26-27).
3. Why is praise (Nehemiah 9:5-6) an essential step in confession, rather than just admitting wrongs?
4. How does Psalm 51 model the kind of heart God desires in confession and how does it connect to Nehemiah’s account?
5. When was the last time you truly mourned over sin in your own life? How did God meet you in that moment?
6. “The small things no one sees result in the big things everyone wants.” What “small step of confession” might God be asking you to take this week?
7. What keeps us from confessing our sins—fear, pride, shame? How can our group support one another in overcoming those barriers?
8. 1 John 1:9 promises God’s forgiveness when we confess. How could this truth bring freedom and healing in your relationships, workplace or home?

Challenge for the Week:

Take a 20-30 minute solo walk this week. As you walk, name specific sins or struggles out loud to God (quietly, if needed). At the halfway point, stop and thank Him for His forgiveness (1 John 1:9). On the return leg, speak out truths about who God says you are in Christ—free, forgiven, loved.