

# LG DISCUSSION GUIDE

LIFEGROUPS

*Use these questions in your Life Group gatherings or for further discussion as a family.*

## CONFESS TO ONE ANOTHER | MARCH 16, 2025

### SERMON RECAP

*Confessing our sins to one another claims truth. But shame complicates confession. Jesus covers us! He is faithful and just to forgive us our sins and purify us from all unrighteousness.*

### THE LEAD IN

- Have you ever tried to “fake it till you make it”? What was the context? What did you think or pretend to be good at even though you weren’t?

### GETTING INTO THE TEXT

- Read 1 John 1:5-10. What is the connection between confessing our sins to one another and walking in the light?
- Throughout Scripture, we see direction for confession. Considering Psalm 32:3-5 and James 5:13-16, who are we to confess to and why?

### GOING DEEPER

- Is confession part of your walk with Christ? Who do you confess to? Do you find it easier to confess to God or other people? Why?
- Do you have other believers in your life who you do or can confess sin to? If it isn’t something you have done before, what holds you back?
- What sin or burdens are you carrying that need to be surrendered and confessed to God and confessed to others? (Consider breaking into gender-specific groups for this part of the discussion).

### PRAYER

- Pray for conviction of sin which is God’s kindness to us. In prayer, confess your sin to God and ask for the vulnerability to confess to one another.