

Formation Hour

The Community Practice

Cultivating Community in the Way of Jesus

Session 3, Confess Your Sins

September 21, 2025



We'll begin with a video together in the sanctuary.
We will then break into our small groups for discussion and community.

Key Scripture: Romans 7:21-25, 8:1-2

So I find this law at work: Although I want to do good, evil is right there with me. ²² For in my inner being I delight in God's law; ²³ but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me. ²⁴ What a wretched man I am! Who will rescue me from this body that is subject to death? ²⁵ Thanks be to God, who delivers me through Jesus Christ our Lord!

So then, I myself in my mind am a slave to God's law, but in my sinful nature^[a] a slave to the law of sin. Romans 7:21-25

Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has set you^[a] free from the law of sin and death. Romans 8:1-2

Definition of Community Practice: The intentional discipline of actively building highly relational, joyfully-connected, kinship groups that eat and laugh and pray and worship and follow Jesus together as a family.

Video Notes:

Full Study Guide
for sessions 1-4



Full Video
Session 3 (32 min.)



Discussion Questions:

1. How would you say sharing “highs” and “lows” shifted our group dynamic?
2. This week’s practice is: confessing your sins. What has been your experience with confession?
3. Which of the obstacles that John Mark named (busyness, transience, and decrease in relational skills) keeps you from building community?
4. Shame is defined by John Mark as a “deep fear that you are unlovable.” Do you think shame has a part to play in your story? If you feel comfortable, what were some of the origins of this emotion in your story?
5. What did you make of the fact that “self-betrayal” is an actual phenomenon by which we provoke in others the very behavior we hate/fear?
6. What do you notice about the way shame affects our relationships with God and others?
7. What stands in the way for you to practice confession the way it is described in the video?

Closing prayer, End your time together by praying this liturgy:

Help us Father, to not live in the shadows of shame and fear, nor to believe in the lie we’re unwanted or unlovable. Teach us to share the load, and to help others release theirs, that in confessing and receiving one another we may be more like you in this world.

Amen.

Reach Exercise:

Confess your sins.

- Maybe they’re a trusted friend, pastor, mentor, therapist, or spiritual director – anyone who you feel safe with and believe would love you no matter what.
- Ask them to get together and let them know you want to share how you’re really doing
- You can start small by just naming an ongoing struggle in your life. Or, depending on the level of trust and the relationship, you can lay it all bare and tell them something you’ve been hiding for years, like an addiction, abortion, or affair.
- Be discerning in what you share, but we invite you to be courageous in taking this step deeper into community and towards healing.