

SECTION 1: *What is the pattern of this world?*

Confession is difficult because of _____.
Confession is difficult because we _____ the opinions of others.

SECTION 2: *How does Jesus invite us to be transformed?*

1. Jesus invites us into transformation that begins with _____.
2. The church is called to be a _____ community, not a _____ community.

SECTION 3: *How will we test and approve (“try and see”) this practice together?*

We confess because it is our way to believe, live, and _____ into _____: that we can be fully _____ and fully _____.

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
– Hebrews 4:16

PRACTICING CONFESSION:

Begin the day with the Daily Meditation. Our suggested activities this week for confession will all be geared toward helping us practice believing, living, and inviting others to experience impossibly good news, that we can be fully known and fully loved.

Daily Meditation: Begin each morning this week by meditating on Hebrews 4:12-16. Write down your thoughts as they come to you and keep them as a journal of your thoughts this week.

Self-inventory with God. Start by doing a self-inventory of the ways that you are choosing or have chosen what is outside of God’s

good, perfect, and loving will for you. Making Psalm 139:23-24 your prayer, ask God to show you what you may be trying to hide from Him, yourself, and others. Acknowledging the truth of Hebrews 4:12-13, ask God to reveal what He wants to refine in His love for you.

Confess to God. Now it’s time to bring those areas of brokenness to God, approaching the throne of grace with confidence. Remember that God already knows you completely, and so you aren’t telling Him shocking information he doesn’t already know, but instead inviting Him in to bring His mercy (not getting the punishment we deserve), grace (being showered with wonderful things we don’t deserve), and help.

Confess to another person. Our inability to fathom that we can be fully known and fully loved causes us to hide not only from God, but from other people as well. Take a step this week to tear down those walls that you hide behind by opening up to a safe person about one or more areas of brokenness in your life. Choose someone you know will bear the image of God for you by offering you mercy, grace, and help in believing that you can be more fully known and loved.

Be a safe place for holding and receiving confession. Offering another person a safe place to risk vulnerable confession is a powerful way of breaking down walls of separation and building a bridge of connecting relationship. Be a minister of reconciliation this week in the way you respond to other people’s faults, mistakes, weaknesses, and insecurities. Pay attention to the ways those around you hide in their fear of being unlovable and bear the image of God by finding ways to woo them out of hiding with your unconditional mercy and grace.

Design your own practice of confession and write it here:

TALK IT OVER

What thought from the message was most helpful to you? What thought was most challenging?

Have you ever been a part of a confessing community, one in which you came together with others as sinners rather than pretend-saints? How did that impact you? What would that look like here?

To what extent do you believe and live in the reality that you can be fully known and fully loved? How would this change confession?

SECTION 1: *What is the pattern of this world?*

Confession is difficult because of PRIDE.
Confession is difficult because we FEAR the opinions of others.

SECTION 2: *How does Jesus invite us to be transformed?*

1. Jesus invites us into transformation that begins with HUMBLE CONFESSION.
2. The church is called to be a CONFESSING community, not a PERFECT community.

SECTION 3: *How will we test and approve (“try and see”) this practice together?*

We confess because it is our way to believe, live, and INVITE OTHERS into IMPOSSIBLY GOOD NEWS: that we can be fully KNOWN and fully LOVED.

“Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
– Hebrews 4:16

PRACTICING CONFESSION:

Begin the day with the Daily Meditation. Our suggested activities this week for confession will all be geared toward helping us practice believing, living, and inviting others to experience impossibly good news, that we can be fully known and fully loved.

Daily Meditation: Begin each morning this week by meditating on Hebrews 4:12-16. Write down your thoughts as they come to you and keep them as a journal of your thoughts this week.

Self-inventory with God. Start by doing a self-inventory of the ways that you are choosing or have chosen what is outside of God’s

good, perfect, and loving will for you. Making Psalm 139:23-24 your prayer, ask God to show you what you may be trying to hide from Him, yourself, and others. Acknowledging the truth of Hebrews 4:12-13, ask God to reveal what He wants to refine in His love for you.

Confess to God. Now it’s time to bring those areas of brokenness to God, approaching the throne of grace with confidence. Remember that God already knows you completely, and so you aren’t telling Him shocking information he doesn’t already know, but instead inviting Him in to bring His mercy (not getting the punishment we deserve), grace (being showered with wonderful things we don’t deserve), and help.

Confess to another person. Our inability to fathom that we can be fully known and fully loved causes us to hide not only from God, but from other people as well. Take a step this week to tear down those walls that you hide behind by opening up to a safe person about one or more areas of brokenness in your life. Choose someone you know will bear the image of God for you by offering you mercy, grace, and help in believing that you can be more fully known and loved.

Be a safe place for holding and receiving confession. Offering another person a safe place to risk vulnerable confession is a powerful way of breaking down walls of separation and building a bridge of connecting relationship. Be a minister of reconciliation this week in the way you respond to other people’s faults, mistakes, weaknesses, and insecurities. Pay attention to the ways those around you hide in their fear of being unlovable and bear the image of God by finding ways to woo them out of hiding with your unconditional mercy and grace.

Design your own practice of confession and write it here:

TALK IT OVER

What thought from the message was most helpful to you? What thought was most challenging?

Have you ever been a part of a confessing community, one in which you came together with others as sinners rather than pretend-saints? How did that impact you? What would that look like here?

To what extent do you believe and live in the reality that you can be fully known and fully loved? How would this change confession?