



Trans-form Notes

Under Construction: Building the People of God The Bathroom - Confession and Cleansing

Reflect: (Spend time with God thinking about these statements or questions)

- ❖ Take some time to read and meditate on Psalm 51.

Interact: (Discuss the following questions with your group, some friends, or just you and God)

- ❖ Read Psalm 139:22-24 and Lamentations 3:40. What does reflection of our lives have to do with confession? Do you find this sort of reflection painful or hard? What makes it hard? Do you feel guilt or shame as a result? Do you find grace and forgiveness from God?
- ❖ Read 1 John 1:9. Do you feel safe to share with God your shortcomings and sins? Why is it easy or why is it hard? Share a time when you have experienced grace and forgiveness after confession.
- ❖ Read James 5:16. Do you feel safe to share any of your sins with others? Do you feel safe to share only part of your life with others out of fear of what they may think? Do you have anyone in your life that you feel completely safe to share everything with?
- ❖ Confession can be very freeing and cleansing but only in safe environments. You don't get "naked" in front of just any one. Do you feel as if you are a safe and trusted friend? Or, do you tend to be judgmental, critical, or attempt to "fix" the other person? Share what a healthy, loving, and grace filled response to confession might look like?
- ❖ Do you think it is important to confess to others? Respond to this quote from Richard Foster: "It is God who does the forgiving, but often, He chooses human beings as the channel of His forgiving grace."

- ❖ How as a Life Group/Community might you practice confession? How might everyone benefit? Do you already practice confession? What do you like about it? What has worked and what have been failures as you have practiced confession? Should you begin to make confession a regular part of you being together?

Apply: (Look for ways to apply at least one concept to your life)

- ❖ Read and meditate on 1 John 1:9. Choose an area of sin that you need to tell God about. As you share it with him, picture God's face full of compassion and love. Allow yourself to feel and experience God's grace and forgiveness of this area.
- ❖ Choose a friend who knows you better than anyone else. If you have never discussed confession together, spend some time exploring how the two of you might benefit from sharing the deepest parts of yourself. If you have mutual agreement about sharing issues of struggle and sin, share an area of your life that has been in the darkness and needs to be brought into the light. Allow yourself to feel your friend's acceptance and grace. Spend some time praying for each other with what you have shared.
- ❖ In the 12 Steps there is a healthy practice of submission, which is always the start of confession. Admitting that you are powerless over the effect of our separation from God (sin) and that your life is unmanageable. Read Romans 7:14-20. Spend some time handing your life over to God.
- ❖ Another part of the process of confession is reflection. Read and meditate on Lamentation 3:40 and Psalm 139:22-24. Ask God to reveal what you may need to confess. Spend some time journaling or just listening.