

Chapter 3 - Confess Your Faults

1. Take a few minutes to reflect on the story.
 - A) David was a king in a time and place when his sin would have fallen within the range of “royal privilege,” though it would have been out of bounds for others. Think about some of the sins that “no one would blame you for” in our culture, even though they are against God’s standards.
 - B) Identify some of the factors that led to David’s fall and compare them to the factors that have contributed to your own caving in to temptation from time to time. What steps would you have to take to avoid such missteps in the future?
 - C) Think for a moment about the most difficult confession you’ve ever had to make. Did you do it voluntarily or were you trapped, like David in the story? How did your confession affect your relationship with God? ...with the person you had sinned against?

2. Make a few notes about how your environment growing up (home, school, church, community) shaped your understanding of confession.

3. Now that you’ve read the chapter in the book, describe how your practice of confession (or lack thereof) has affected your spiritual life.

4. Take a few minutes to pray humbly, asking God to reveal sins in your life with which you may have grown comfortable and which are, in fact, blocking your spiritual progress and interfering with the spiritual fellowship within your church family. Make a note of any which come to mind. (It may be a mental note if you are uncomfortable with committing them to paper.)

5. Sins which we routinely excuse are precisely the ones we need to confess in the sense of admitting to a mature Christian friend seeking support and accountability. Make a few notes about the steps you commit to taking to get victory over these sins (include the “confessor” you will recruit to help you).

6. Write a few lines about the harm the harbouring of your sin has done to you personally, to your relationship with God and to the Christians with whom you fellowship.

7. After having done the hard work of working through your own need to actively make confession part of your own spiritual life, jot down some thoughts about how you will respond in the future as people confess their sins and weaknesses to you.

8. As you dig around in the dirt of your life, consider God’s response to the confession of your sins and weaknesses. According to 1 John 1:9, what happens when we confess our sin?

Take a moment to rejoice in that and thank God for His unending loving kindness!

9. Jot down a few lines contrasting your understanding of confession before and after having read this chapter and having gone through these workbook exercises.

For Group Leaders:

This is an agonizingly difficult chapter for most people to process. Encourage group members to participate, but recognize that some may be carrying such deep, shameful secrets that they will be unwilling to be very specific within the context of the group. When you sense this is the case, gently suggest that they find a “confessor” with whom they can work through the process. Perhaps you could make yourself available for some one-on-one interaction or suggest a trusted spiritual leader in your church family.

As the leader, you will likely have to model confession to your group to get the ball rolling. Spend some serious time in prayer as you prepare to make yourself vulnerable to your peers. It is especially important that your own heart be right with God before dealing with the sins others may bring forward.

Be very quick to pray with group members throughout this session. While the theme of the session is confession, your job is to emphasize forgiveness. End the session rejoicing in God’s unconditional love and the forgiveness He offers because Jesus died for all of the sins that have been mentioned.