

**March 20, 2022**

## **Confession - Discussion Questions**

Instructions: A life group is a spiritual family. It is a time of mutual discussion, invitation, and growth together alongside the Holy Spirit. It's good to begin with prayer and 1-2 ice breaker questions to prime the pump and get to know one another. Then, after reading the Scriptures, **pick the questions that are of most interest to your group**. Make sure to conclude with a couple of application questions to live out our mission together. Finish with some time to care for one another and pray together.

### **Ice Breaker Question (pick 1-2 questions)**

1. What do you immediately think of when you hear the word "confession"?
2. What is a challenge you are facing right now?
3. What is one thought or idea from Sunday's message that especially intrigued, provoked, disturbed, challenged, encouraged, warmed, warned, helped, or surprised you?

### **Read and discuss James 5:16**

1. How do you think confession and healing (physical, emotional, spiritual) are related?
2. Why do you think an Alcoholics Anonymous meeting can often be a safer environment for vulnerability, honesty, and confession than the typical American church?
3. What can be done to make Avalon Church a safer place for transparency and confession? How about your group?

### **Read and discuss Psalms 32:3-5**

4. What do you think about this quote? *"Secrecy destroys us. In the darkness, sin festers and grows. When you shine a light on sin, you take away its power."*
5. How can secrecy impact our health? Our relationships? Our fears?

### **(From the message): What should we confess? Personal, Corporate and Historical (Generational) sins**

6. Read and discuss Nehemiah 1:6-7 and 9:2.
7. Do you agree that these three categories are relevant and important?
8. If so, can you give examples of corporate and/or historical (generational) sin?

### **Application**

1. How can you specifically live out the principle of Confession in the next few days? (Each person create an 'I Will' statement)
2. How can you bless someone else as a result of today's discussion?
3. How can our group bless someone in response to this study?

### **Pray Together**