

Begin With a Prayer of Adoration (5 Minutes)

Pray this prayer of adoration over the group to reflect on our last practice.

“I love you, Lord God. I adore you. I worship you. I bow down before you. Thank you for your gifts of grace: —the consistency of sunrise and sunset, —the wonder of colors, —the solace of voices I know. I magnify you, Lord. Let me see your greatness—to the extent that I can receive it. Help me bow in your presence in endless wonder and ceaseless praise. In the name of him whose adoration never failed. —Amen.” - Richard Foster

Debrief Last Weeks Practice/Message (10 Minutes)

Take a few minutes to catch up on life...

Then talk through the following debrief questions from last week’s message...

1. How did prayer of adoration and intercession impact the other areas of your life last week?
2. Does anybody have a testimony or something to share that came out of prayer of adoration, or intercession so far?

Read This Overview (5 minutes)

The scriptures teach us that confession should be a regular part of our prayer lives. James writes that we should “confess our sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective”. And we read again in John 1 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. If we say we have not sinned, we make him a liar, and his word is not in us”. Confession is an incredibly powerful practice that liberates us from sin as we bring it into the light. Confession sanctifies us by bringing us to a place of humility. Confession empowers us by allowing us to walk in freedom from the confessed sin, namely that we’ve been forgiven of it, and now have power over it as God’s children. So, if the Bible teaches that we should regularly confess our sins, and there is so much power in it, why do so few of us actually do it? This week, we want to put into practice the prayer of confession, both collectively, in our groups, as well as individually, throughout our weeks.

Work Through These Discussion Questions (10 Minutes)

1. How do you feel about prayer of confession? Does it scare you - Do you think it’s necessary?
2. Did you have any misconceptions about confessing before listening to Sunday’s message?
3. Why do you think it’s hard to confess to someone you know and trust?

Do This Practice As A Community Now (20 Minutes)

“The Prayer of Confession”

1. Break into smaller groups

- Split up into groups of 2 or 3 people per group of the same gender.

2. Invite and ask the Holy Spirit to speak.

- Invite the Holy Spirit into your time together. Spend a few minutes before doing anything else in *prayer of adoration*. Thank Jesus for His goodness and Praise Him for His faithfulness.
 - Ask the Holy Spirit to reveal to you areas in which you have fallen short of God’s glory.
 - This may be a specific pattern of sin, a past sin that hasn’t been addressed, an attitude or mindset, pride, generational sin, doubt, fear, etc.
 - **As you are sitting and reflecting/praying, this may feel weird or uncomfortable. Push through those feelings and allow God to work on you through His Spirit and through those around you**

3. Private Confession

- As the Spirit reveals to you areas of sin, brokenness, pain, etc., begin to confess (Admit to God) those things to Jesus in private prayer.
 - *Again, it’s okay that there are people around you. There is power when we gather with our brothers and sisters to come before the Lord.*
 - 1 John 1:9 says that “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness”.

4. Individual Confession

- Take those areas that the Spirit opened up to you and confess them to one another.
 - You may feel the temptation to hold it in and not say anything. But the enemy would have us not confess these things so that he can steal, kill, and destroy.
 - *Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is*
 - *powerful and effective. James 5:16*

5. Prayer for one another.

- Receive prayer from the person/people you confessed to, and pray for the person/people that confessed to you.
 - There is sanctifying grace and power in the prayer of the righteous that comes from confessing your sins and praying for one another.
- Thank the Holy Spirit for coming in and freeing you and those with you from the sins that have been confessed.
 - When your sins have been brought into the light, the enemy no longer has power over that area. Walk in this freedom!

Gather together as a whole group again

Here's a Practice to do "individually" throughout the week (5 Minutes)

- This practice is one that we will take with us for the rest of our lives.
- The key to this practice is to break through the fear of opening up about your struggles and making confession and accountability a regular part of your life.

PART 1.

1. **Show up.** Get alone with God every day this week, whether this is morning, midday, or evening.
2. **Adore.** Begin your time in prayer by adoring and praising God.
3. **Reflect.** Spend a few moments reflecting on how you are doing in the areas you confessed and brought to light at your O/Group.
4. **Confess.** Are there any other areas that you need to confess to the Father in private confession? *Like we said earlier, confession is an ongoing practice that we will be doing for the rest of our lives.*
5. **Thanksgiving:** Thank Jesus for the cross, that He died for our sins so that we can have life in Him. Thank Him for further empowering you as a result of confessing.

PART 2.

1. Set up a call with the person/people you partnered with to confess at your O/Group.
2. Ask one another how you are doing in those areas, if you are walking in the freedom that Christ has given you.
3. Are there any other areas you would like to confess?
4. Pray together!

End your time together by praying (5 Minutes)