

Week 7: Confession

1. Social/Fellowship Time (10-15 minutes)

2. Content/Spiritual Conversations (30-35 minutes)

- **Debrief from confession practice**

1. What do you notice about how shame affects your interactions with God and others?
2. What thoughts or feelings emerge when you consider the possibility of being “fully known and fully loved” in community?
3. Share your experience confessing your sins this week. Where did you feel resistance in confession?
4. What would need to happen for you to make confession a more regular rhythm in your life?
5. How did the act of confession impact your sense of shame or disconnection from God?
6. What has this experience shown you about how to confess and how to receive someone else’s confession well?

3. Accountability questions (25-35 minutes)

- ***When your group is getting started***

1. How is it with your soul? (Redirection Question: What is God teaching you emotionally, mentally, spiritually?)
2. What are your successes and struggles in your spiritual life right now? How might the Word and Spirit be speaking in your life?

- ***And then, when your group is ready***

3. Do you have any sin to confess?
4. Is there anything you desire to keep secret?

4. Homework for Week 8

- Read chapter 1 of “Emotionally Healthy Spirituality”