

# THE GOOD LIFE

## Spiritual Discipline of Confession

### Speaker: Jairo

---

Below are some study questions that will help you and your Life Group dig deeper into the spiritual discipline of the Confession. We've included plenty of questions, but feel free to use just a few or choose whatever questions best fit your group.

#### Opening Discussion:

1. What were your initial thoughts when you learned that Confession is a spiritual discipline?
2. What do you think the purpose of Confession is?

#### Bible Questions:

1. Ask group members to read Genesis 2:25, 3:7-11, 3:21. Give them a few minutes with the passage, and then ask them to share what this passage means and how they can apply it to their lives.
2. Ask group members to read James 5:16. Give them a few minutes with the passage, and then ask them to share what this passage means and how they can apply it to their lives.

#### Application Questions:

1. After reading this passage, we come to the understanding that shame was never intended in God's original plan. There was no sin in the world. How does this help you understand your spiritual walk with the Father?
2. After reading about God covering Adam and Eve, what are your thoughts on this? It was once told to me that God is ready to cover my sin if I would just confess it to him.
3. James introduces an idea about how confession has a communal aspect to it. What are some ways that you practice confession with a trusted friend?

Closing & Prayer: [set aside 10-20 minutes for prayer]

Allow enough time to pray for each other. Pray for greater awareness of the intentional steps we can take to build a discipline of Confession. Take time to confess to each other if you feel comfortable.