



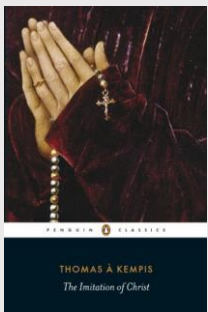
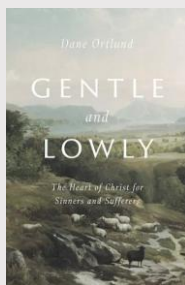
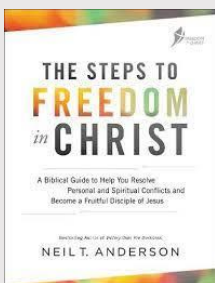
Small Group Notes

Text:
Psalm 32

Title:
Transformation through confession

Further scriptures:

John 8:31-34
Gal. 5:1 & 13
1 John 1:5-10
James 5:16
Romans 6
Psalm 139:23-24
2 Cor. 7:9-10



This week we looked at the topic of freedom. What is freedom according to the scriptures and how do we, as disciples of Jesus, walk in freedom. We discovered that one of the key practices in helping us walk in freedom is confession.

Reflect

1. What most impacted you from the passage or from the preach?
2. 'Freedom isn't the ability to do whatever you want, but the ability to *not* do whatever you want? In other words, it is the power to say no to our sinful desires.' What do you think about this definition? Do you agree?
3. Look at Psalm 32. What are the negative effects of unconfessed sin in our lives? And what is the fruit of confession?
4. How does confession help us walk in freedom? Why is confession in community important / helpful?
5. What are the '5 steps' in confession? Why is each step important?

Respond

1. What was your view of confession before this message? Has it changed at all and if so, how?
2. What place does the practice of confession currently have in your life, either privately to God or publicly to others?
3. What reservations do you have about confession? What holds us back from confessing our sin to trusted friends? What would help us to 'be real' with one another more?

Practice

Set aside some time as a group to walk through the steps of confession in the practice sheet. You can decide whether to do this privately as a group or split off into pairs and confess to one another.

At the end, come back and share your experiences with one another.

Further reading

The steps to freedom in Christ, *Neil T. Anderson & Steve Goss*
Gentle and Lowly, *Dane Ortlund*
The Imitation of Christ, *Thomas A Kempis*