

Series: Being with Jesus, a study in the Spiritual Disciplines

Sermon: Confession & Guidance

Primary Text: Ecclesiastes 4:9-12

Discussion:

- Share an example of an important relationship in your life that you feel you need and rely on and why you feel you need it and rely on it.
- Do you ever find yourself isolating yourself from other people? If you do, why do you do it?
 - What is the difference between the negative habit of isolation and the spiritual discipline of solitude?
- Read Ecclesiastes 4:9-12
 - How is this true?
- How does a person's sin isolate them from God?
- How does a person's sin isolate them from other Christians?
- What does it mean to confess?
 - Alphonsus Liguori says that confession must involve "an examination of conscience, sorrow, and a determination to avoid sin."
 - Discuss what each of these three elements mean and why they are essential.
- Read 1 John 1:9 –
 - In this passage who do we confess to?
 - What does this accomplish for us?
 - Why is it important to do this when we sin?
- Read James 5:16 –
 - In this passage who do we confess to?
 - What does this accomplish for us?
 - Why is confessing our sins to others difficult?
 - How can it help us heal?
 - Why is it important to do this when we sin?
- Do you have a person or persons whom you confess sins to?
 - If not, is there someone in mind?
- Who do you go to for advice?
- Read Proverbs 18:1
 - What is this passage warning against?
- Read Proverbs 12:15; 15:22; 27:9
 - What is the teaching from these passages?
- The spiritual discipline of guidance is asking a group of trusted Christians to pray *together* on your behalf for guidance from the Holy Spirit.
 - Have you ever done this before?
 - Does it sound appealing or not? Explain
 - What are some things you might ask a group to pray about on your behalf?
- Do you have people you ask to do this for you?
 - If not, is there someone in mind?