

Life Together

Confession & The Lord's Supper

TALK IT OVER

Key Scripture

"If you forgive the sins of any, they are forgiven them; if you withhold forgiveness from any, it is withheld." John 20:23 (ESV)

"27 Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty concerning the body and blood of the Lord. 28 Let a person examine himself, then, and so eat of the bread and drink of the cup. 29 For anyone who eats and drinks without discerning the body eats and drinks judgment on himself." 1 Corinthians 11:27-29 (ESV)

"13 Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. 14 Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. 15 And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. 16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working. 17 Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. 18 Then he prayed again, and heaven gave rain, and the earth bore its fruit. 19 My brothers, if anyone among you wanders from the truth and someone brings him back, 20 let him know that whoever brings back a sinner from his wandering will save his soul from death and will cover a multitude of sins." – James 5:13-20 (ESV)

"8 If we say we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:8-9 (ESV)

Search for the "Renewal Church Denver" app or "St. John's Denver" app in your app store.

More of God's truth all week long at renewaldenver.tv and sjdenver.tv

Start Talking: Find a conversation starter for your group. (15 Min)

- Is it easy or hard for you to admit to your shortcomings?
- When you need to confess something, who do you go to?

Head: Start Thinking. Ask a question to get your group thinking. (10 Min)

- Read James 5:13-20. In verse 16, what are we to do? Why?
- In James 5:13-20, how does the power of prayer in a community work? How does it help other believers?

Heart: Start Sharing. Choose a question to create openness. (10 Min)

- How can a Christian community become stronger if confessing together is a part of their practice?
- What are your fears around being honest about your sin with others? How can we fight the lies of the devil who tells us to hide in our shame? How can you learn to trust and who to trust with your confessions?
- When listening to a confession, what is our responsibility?
- When we receive the Lord's Supper in Corporate Worship, there is an implication there that as we commune, we are rejecting sin in us and have a desire to be renewed in God's forgiveness and ways. What makes one worthy to receive the Lord's Supper?

Hands: Start Doing. Commit to a step and live it out this week. (10 Min)

- If your group hasn't been doing *Trios* (below), it's time to start! Among other things, *Trios* provides a safe place for sharing our repentance/confession of sin with one another, that we might hear others announce God's forgiveness to us and be freed.
- Your campus pastor is also ready to hear private confessions.

Start Praying. Be bold and pray with power. (15 Min)

- For suggestions on structuring prayer time, see the *Group Prayer Ideas* page in this packet.

Trios: Split into same-gender groups of three. (15 Min)

1. What's a passage of scripture that has impacted you this week? Read it to the group and explain why.
2. Is there anything God is leading you to repent of?
3. How's your weekly 3-2-1 challenge going? (*3 Conversations with New People, Learn 2 Names, Make 1 Meaningful Connection*)
4. Who is one non-believer that you need to reach out to this week?
5. What's something you'd like someone else to check in with you about this week?
6. Pray for one another.

Group Prayer Ideas

Pray for Each Other

- Everyone share their prayer requests before entering into the time of prayer;
- As you open a time of spontaneous prayer, ask people to pray for each other's requests / not their own;
- *Option: Have one person record the group's prayers in a prayer journal. Periodically review the journal to see just how much God answers prayer!*
- *Option: Conclude with the Lord's Prayer or Apostle's Creed.*
- *Option: Do a "Prayer Exchange," assigning people to pray for one another this week, & text as you do.*

Responsive Psalm Prayer

- Choose a psalm (ex: 13, 116, 136, 139, etc.);
- Have the leader and the people pray through the Psalm by trading verses responsively, OR go around the circle and have each person take the next verse.

Missional Prayer

- Have everyone go around and pray specifically for a non-Christian friend, neighbor, co-worker, etc.
- *Option: Have everyone use the "MissionHub" app to set a prayer reminder for that person OR write the name on a 3x5 index card, take it with them and put it somewhere that they'll see it.*

Category Prayer

- The leader guides the group by inviting spontaneous prayer around a "category" at a time, allowing a couple of minutes per category;

Ex: Relational Circles

Our Families
Our Church
Our Neighbors
Our Co-Workers
Our City
Our Country
Our World

Ex: A.C.T.S.

Adoration
Confession
Thanksgiving
Supplication

Ex: Lord's Prayer

Petition 1: Holy Be Your Name
Petition 2: Your Kingdom Come
Petition 3: Your Will Be Done
Petition 4: Give us Today our Daily Bread
Petition 5: Forgive us our Trespasses
Petition 6: Lead us Not into Temptation
Petition 7: Deliver us from Evil

Ex: Healing

Physical
Emotional
Spiritual

Simultaneous Prayer

- Set a timer (ex: 3 min) and ask everyone to pray simultaneously (out loud) until the timer runs out.

Timed Prayer

- Set a timer (ex: 20 min) and then go around the circle taking turns praying until the timer runs out.