



Let's Talk:

Do you enjoy gardening? Why or why not? What are some of the correlations you see between gardening and forming spiritual practices?

Let's Study:

Read Genesis 3:9. Genesis 3 tells of Adam and Eve's disobedience to God which led to 'the fall', the fracturing of humanity's relationship to all things. What are some of the ways we try to hide from God? From others? Why do we try to hide?

Read John 3:17 and 2 Cor. 5:21.

What do these verses tell us about God's actions towards our disobedience? What is the difference between conviction and condemnation? How does knowing the difference potentially impact the practice of confession?

Read Psalm 32: 3-5 and 1 John 1:7-9.

Why are secrets and hiddenness so devastating in our relationship with God? What is the glorious truth in 1 John 1:9 and how does it bring freedom?

Read James 5:16.

Why do we need to confess our sins to others and not just alone with Jesus? In your experience how has confession impacted the community?

Let's Apply:

How do we know who are the kinds of people that are safe for us to confess our sin to, and what makes a person unsafe or unwise to confess to?

Discuss ways to appropriately respond when someone confesses their weaknesses and failures to you.

Is there an area of your life that you need God's healing for your weakness? Is there any sin you need to confess that may be connected to this?

Let's Pray:

Jon said: "*For a good confession there are three things necessary: an examination of conscience, sorrow and a determination to avoid sin.*" Ask the Lord to examine your heart, to expose any offensive ways within you. (Psalm 139:23-24). Pray for one another that God will protect and keep you from temptation during these difficult days.