



## **Encounter Week 5 – Confession** **Small Group Discussions**

### **ICE BREAKER:**

What is a time where you got yourself in trouble and got caught?

### **VIDEO REFLECTION:**

Is there something that stuck out to you from the videos? (*Questions, thoughts, concerns*)

### **SCRIPTURE:**

James 5:16 – When you read the command to confess your sins to each other, what kind of emotion does that stir in you?

- What is the responsibility when being confessed to? What is often the response? Why does this create caution when needing to confess?

John 1:14 (NASB) – Jesus was full of grace and truth. Why is it necessary that grace and truth be connected? Have you ever interacted with someone who had one but not the other? How did that go?

I John 1:5-10 – What does this passage have to say about truth? What's the power of confession? Of truth?

Colossians 3:9-10: What is the connection between truth and our new nature?

Genesis 3:10 – In the story of the Sin of Adam and Eve, we see that the initial affect of sin is to hide, and the power of Shame. In what ways do we still default to that response to sin?

### **DISCUSSION:**

1. Do you have someone(s) that you can go to for confession? What qualities does this person have that makes them “safe?”
2. One of the comments made in the video: “In order to tame something you have to be able to name it...” Why do you think that is? What power comes from naming something?
3. One of the definitions of confession is “truth telling.” What are some ways that we can engage in the discipline of “truth telling” about our lives, beyond just the places of our struggles?
4. The Jahari window (*See attached*) is a tool that helps us evaluate our inner life especially in terms of our self-awareness. There are two spaces that confession brings the unknown to the known. The confession to others, *HIDDEN*, and the confession from others, *BLIND* (has a negative connotation but isn’t always bad, sometimes we are blind to our strengths as much as our weaknesses).
5. Spend some time as a group confessing truth with each other. “I see God at work in you when...”
6. What are some things that God is speaking to you about this week, how can we pray for you?

# THE JOHARI WINDOW

		Known to Self	Unknown to self
Known to Others	Known to Others	<b>OPEN</b> Things that you and everyone else know	<b>BLIND</b> Things that you are unaware of but others know
	Unknown to Others	<b>HIDDEN</b> Things that are known by you but unknown to others	<b>UNKNOWN</b> Things that are unknown by you and everyone else

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