



Destroying Distractions

Spiritual Disciplines: Confession

1 John 1:5-10; John 20:19-23



Study Description

As we read 1 John 1:5-10 and John 20:19-23, we discover the profound connection between confession and forgiveness. These passages reveal the importance of acknowledging our sins before God, leading to the experience of cleansing, restoration, and the presence of the Holy Spirit in our lives. Through these texts, we are encouraged to embrace confession as a vital aspect of their faith journey, fostering intimacy with God and experiencing the transformative power of His grace.

Share: (5 Min)

- Share with one another your experiences from fasting from the week before. What was it like?¹
- Read 1 John 1:5-10; John 20:19-23 together.

Learn: (10 Min)

- What does John say about confession in these two passages? What connections do you see from these two texts?
- What do these passages teach us about the relationship between confession and forgiveness?
- Based on these two texts, who can forgive sins? Why is that important?

Love: (10 Min)

- Why do you think God desires us to confess our sins to him, even when he already knows them?
- How does practicing confession increase our love and connection with God?
- What's a struggle for you when it comes to confession and forgiveness?

Live: (10 Min)

- What can a regular practice of confession and forgiveness look like in our personal lives? With our families? As a Life Group?

Prayer (15 Min)

- In your Trios, this week, take time to practice confession and forgiveness with one another. You may choose to verbally confess your sins and hear words of forgiveness from each other, or do so in prayer. See questions below to help guide you.²

Trios: Split into same-gender groups and discuss. (15 Min)

1. Do you struggle more with confessing your sins, or receiving forgiveness?
2. What's something that has been on your heart that you'd like to confess?
3. Take time to pray for each other and to speak words of forgiveness over each other. You can choose to use your own words, or look to Psalm 51 as a Scriptural reference.

¹ If your Life Group did not fast last week, or you did not decide to do it, feel free to ask another question before diving into reading the Scriptures.

² If you made a covenant or have shared openly in the past, now is a good time to remind your group that what gets shared in the group stays in the group. Please contact AJ Vega for any problems or concerns that need to be discussed (aj.vega@sjdenver.org)



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Feel free to take any notes in the space below.