

STUDY GUIDE: CONFESSING WK2

RHYTHM

APRIL 13, 2025

LOOK BACK

- **Confessing** is simply the act of admitting fault

Recurring themes in the rhythm of confessing:

(1) the rhythm of **confessing** should be practiced regularly/daily

- To confess is an admission of fault...
 - So to not confess is to, at best, ignore...and at worst, completely deny a reality
- Followers of Jesus should be most **confessing** people on the planet

(2) the rhythm of confessing helps cultivate a spirit of humility

- One of the ripest fruits of spiritual maturity is humility
 - In what ways did you practice confessing Jesus as Lord this past week?
 - How did it impact you?
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LOOK UP

PASSAGES:

JAMES 5:13-20 (CSB) → "13 Is anyone among you suffering? He should pray. Is anyone cheerful? He should sing praises. 14 Is anyone among you sick? He should call for the elders of the church, and they are to pray over him, anointing him with oil in the name of the Lord. 15 The prayer of faith will save the sick person, and the Lord will raise him up; if he has committed sins, he will be forgiven. 16 Therefore, confess your sins to one another and pray for one another, so that you may be healed. The prayer of a righteous person is very powerful in its effect. 17 Elijah was a human being as we are, and he prayed earnestly that it would not rain, and for three years and six months it did not rain on the land. 18 Then he prayed again, and the sky gave rain and the land produced its fruit.

19 My brothers and sisters, if any among you strays from the truth, and someone turns him back, 20 let that person know that whoever turns a sinner from the error of his way will save his soul from death and cover a multitude of sins."

Proverbs 28:13 → The one who conceals his sins will not prosper, but whoever confesses and renounces them will find mercy.

- When you hear the word suffering, what comes to mind?
- How do you generally respond to suffering?
- How much time do you spend celebrating God...privately and communally?

- **How healthy would your relationships be if all you (or they) did was ask & demand...and never appreciate or praise them?**
- **Should you take a moment right now and sing a song...and celebrate who God is?**

Psalm 32:3-4 → For when I kept silent, my bones wasted away through my groaning all day long. 'For day and night your hand was heavy upon me...my strength was dried up as by the heat of summer' Selah.

- **Can you relate to David in this passage?**
- **Have you ever wrestled with guilt or shame and felt like you were wasting away from the inside?**
- **The only way to kill darkness is to drag it into the light**
 - You will not win on your own
 - You were not meant to win on your own...that is pride
- **What is keeping you from confessing the weight/burden in your heart to a brother or sister in Christ?**
- The humility and unconditional love for one another practiced in the early church (Acts) ...was cultivated by rhythms like ongoing confession
 - And it was alluring to the lost world around them

LOOK AHEAD: PRACTICE

1 - Take a moment...go before God in prayer... and practice confessing to Him

- **Maybe for some it is the initial confession from Romans 10...that Jesus is Lord and that God raised Him from the dead**
 - If so...practice that confession...and then tell everyone around you!!
- **For others...you have confessed Jesus is Lord but it has been awhile**
 - You need to go before God to repent, confess any sins the Holy Spirit is putting on your heart right now...trusting that He is faithful and just to forgive you

2 - Confess sins before brothers and sisters who will pray for you...encourage you...walk with you...support you...

- **Who, in the room, have you given permission to know you and hold you accountable?**
- **How can living in such a way draw others into your community?**