

WEEK 6: Building A Resilient Faith | Confession + Repentance

Discuss the first two questions before watching the video.

- On a scale of 1-10, (10 being most difficult), how hard is it for you to admit to struggling with a temptation or regrettable behavior? Why do you think that is so?
- Do you have a history of good and/or bad experiences confessing your sins, mistakes, struggles, bad choices, and such?

Play the Teaching Video for Week 6.

- Share reflections from the video. Watch the video [here](#).
- [Here is the link](#) to the YouTube Playlist

Discussion Questions

Select a few questions to discuss as a group.

- Do you agree that confession is essential to your spiritual growth? Why?
- Do you believe repentance is essential to your spiritual growth? Why?
- Read [Romans 3:23](#). None of us possess the willpower, strength, or inner resolve to reject all temptation and live a sinless life. When did you first realize or understand your personal need for the Savior?
- Read all of [Psalm 32](#). Unconfessed sin grinds at us, weighs us down. God has lovingly invited us to come clean with him, confessing our sins and struggles to a Father who knows what will help us. What happened when David confessed his sin to God?
- Read [James 5:16](#). Note the purpose of this process is “so that you may be healed.” Jake observed, “When you and I confess, it steals the power from the secret.” It lifts a weight to confess to someone you can trust, someone who will listen and pray along with you and for you. Why do we sometimes let the fear of coming clean prevent us from doing the very thing that would help us most?

- *Confession* is the acknowledgement of our sin and the toll it's taking on our life. *Repentance* is when we invite God to change our perspective and desire so we want what he wants instead of the sinful things we have wanted. Read [John 15:5](#). Discuss how this is different from relying on our own sheer will power.

Application

- Consider practicing confession by meeting regularly with a good friend to talk about life: the good, the bad, and the ugly. This is not to recount everything you've done wrong; that's not healthy. The idea is to share about your life, how things are going, including areas that you're struggling in where you could use prayer and accountability.

Who is someone you could meet with for this purpose? Write his or her name down here and reach out to them now. Schedule a time to get together, and if the person is open to it, make a plan to meet regularly.

Prayer

Have everyone share one way to pray for them this week.

Consider splitting into groups of 2-3 and praying for each other. Alternatively, close the group by praying for your group and God's direction this week.

Going Deeper | Put Into Practice

These activities are designed for you to explore confession and repentance on a deeper personal level with God.

1. Confession and repentance require some self-examination. Read [Psalm 139:23-24](#) and [Galatians 5:22-23](#). Set aside some specific time to examine your own life. This is not a time for morbid self-condemnation that can lead to self harm. Remember that God loves you and has invited you into his presence to help you and heal your heart. Ask God to open your eyes to see your attitudes and actions and relationships as he does. Responses may come right away and/or they may come another day. When they do, thank God for showing you and ask him to lead you to repentance, to help you change.
2. Read [2 Timothy 3:16](#). Search for scriptures that address the issues you struggle with. An easy way to do this is to search online, asking what does the Bible say about the topic. Another is to simply start reading the New Testament letters and

Gospels. Write down the verses that stand out as particularly meaningful to you at this time. Read them often. You might want to memorize some.

3. While you are self-examining, take a look at what you are exposing your mind to via TV, movies, books, news, podcasts, social media and such. What effect is each one having on you? Is it nourishing you? Broadening your understanding? Bringing you laughter or relaxation? Motivating you in healthy ways? What behaviors and attitudes are being modeled and promoted as being desirable or not? Is what you are taking in strengthening unhealthy attitudes and thoughts within you? Is it helping you or hurting you? Something to consider thoughtfully and prayerfully.