

THIS WEEK THINK ABOUT...

Self-Examination is a spiritual discipline that takes time at the end of the day to think back on what you did and did not do that was sinful against God.

How could you incorporate this into your daily habits?

What secrets are you holding onto that are causing you to be decimated by guilt?

Who can you confess to?

PRAYER

Father, forgive me for I have sinned. "The greatest sacrifice you want is a broken spirit. God, you will gladly accept a heart that is broken because of sadness over sin." (Psalm 51:17)

LIFE TOGETHER QUESTIONS

What problems did you encounter this week? How did you solve the problem?

What are you doing during the week that will not bring you long-term significance?

What did you do to enjoy time with friends or family this week?

**IF YOU ARE BEING DECIMATED BY GUILT
I INVITE YOU TO CLEAR THE BOARDS. CONFESS.**

Answer Key for Blanks

John the Baptist	faith
Peter	admit
Paul	humility



WEEK 1

CONFESSIO

VIDEO RECAP

Small Group starter videos can be found on the Christ Church website under small group resources.

SERMON RECAP

One word, repent, shows up a lot in the Bible.

_____ in Matthew 3

_____ in Acts 2 and 3

_____ in 2 Corinthians 7

Three Levels of Repentance

Repent to come to _____.

Repent to _____ we are wrong
and turn in another direction

Repent for an ongoing posture of _____.

BIBLE EXPLORATION

THERE ARE A FEW OCCASIONS IN THE BIBLE WHERE IT APPEARS SOMEONE PREACHED A **ONE WORD SERMON - REPENT.**

Read out loud - Psalm 51:1-9

Make it personal. On the side of this page, write out the sins you are aware of as you read these verses.

In Verse 8, David says *“Let me hear you say, ‘Your sins are forgiven.’ That will bring me joy and gladness. Let the body you have broken be glad.”* How do you feel when being honest about your sin and God’s forgiveness? Do you feel the same joy and gladness that David is asking for?

How do you either relate or differ from David’s response to his sin?

LET’S TALK ABOUT IT

Pastor Mike showed us that the word repent is a necessary response to God. Do we give it the same attention the writers of the Bible gave it?

Why are “repent and believe” necessary components of salvation?

How can confession bring about a turning point in our lives?

Does knowing God raise your awareness of your own sin and brokenness?

I’M NOT SURPRISED DAVID ACTED THE WAY HE DID. A LEADER COMMITTING ADULTERY- AND COVERING IT UP TO REMAIN IN POWER-IS NOT EXACTLY NEWS. WHAT SURPRISES ME IS THAT HE CAME CLEAN.