



**BREAKOUT: Creekside's LifeGroup Study**  
**Session 4 – ADMIT your Faults. ACKNOWLEDGE your Hurts.**

Welcome back to the BREAKOUT study for LifeGroups! This week we are taking step 4 – ADMIT your Faults. ACKNOWLEDGE your hurts. This is the clean-up step. Rick Warren says, "You are only as sick as your secrets." The secrets I hold on to are the secrets that make me sick. Amazing things can happen when we risk honesty, even if it is just with one person. Step four is all about that. Find someone or a group of people to be honest with about your hurts, hang-ups and habits. Take off the mask. Get real with another person.

**CATCHING UP:** All of us have had a major clean-up job to do sometime in our past. For me, it was the time the pickle jar crashed to the floor of our pantry, leaving a sticky, glass shards mess for me to pick through on the floor. How about you? What's your best (worst) clean up story? Share it with the group.

**MEMORY VERSE:**

*"God blesses those whose hearts are pure, for they will see God."* Matthew 5:8

**VIDEO TEACHING:** Watch session 4 together (you can access the video at [breakoutseries.ca](http://breakoutseries.ca))

STEP 4. \_\_\_\_\_ your faults. \_\_\_\_\_ your hurts.

God wants me to have a \_\_\_\_\_ heart.

God wants to help me clean up my \_\_\_\_\_ in my life.

"We're only as sick as our secrets"

We need to get \_\_\_\_\_ with somebody else.

Confession brings \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Finding a safe person to confess to.

Look for someone who is the same \_\_\_\_\_.

Look for someone I can \_\_\_\_\_.

Look for someone who is spiritually \_\_\_\_\_.

\_\_\_\_\_ God to help me.

### **STUDY:**

After the video is done, take some time to process on your own and with at least one other person. Here is a suggested format.

On your own time – take 5 minutes to write, pray, think.

- What do you sense God saying to you about admitting your faults and acknowledging your hurts?

With another person time – 15 minutes - get together with one another person and talk about the following questions.

Questions:

- What impacted you about Josh's testimony?
- What was a highlight for you from the video teaching?
- How are you feeling about the idea of confessing to another person?

Whole Group Time

NOTE: All Scripture references are New Living Translation unless otherwise indicated.

**CONFESSION DEFINED:** To confess is to make known to God or to another person a specific sin in my life. It is to acknowledge the wrong I have done with the intent to repent of that wrong.

- What do you think of this definition? Would you add anything to this definition or take anything away?

- Are there ways we can confess wrongly? What might that look like?
- Any stories in the group of confessions you have made? What did that process look like? What internal struggles did you deal with before confessing?

### **THE BENEFITS OF CONFESSION:**

Why does God encourage us to confess our sin? He wants what is best for us! Let's explore some of the benefits of confessing our sin to God and to others.

#### **When we confess, we restore peace within.**

READ: Psalm 32:1-5

Context of Psalm 32. This Psalm is ascribed as "A psalm of David." It is likely written some time after David's sin with Bathsheba. David wrote Psalm 51 as a prayer of repentance for his sin with Bathsheba and the murder of her husband. In Psalm 51 David asks for God's forgiveness and for a restored relationship with Him. Psalm 32 is a reflection on the benefits that David experienced when he confessed his sin to God. In this Psalm, David reflects on the ill effects of unconfessed sin and the relief that comes when we finally choose to confess.

- In verses 1 and 2, the Psalmist tells us benefits of confessing our sin to God. What are they?
- Why is it that we sometimes cover up our sin until we can't bear it anymore? Why do we wait?
- How does peace with God show up in our lives when we confess? See Psalm 32:6-11.

#### **When we confess to others, we experience healing.**

READ James 5:16

*"Confess your sins to each other and pray for each other so that you may be healed."*

- What do you think healing looks like in the context of this verse?
- In commenting on James 5:16, John Piper says, "In the normal life of a Christian, honesty and purity of heart involves continual admission and confession of sin to appropriate people in our lives."
- Unpack this sentence as a group. What are the important ideas in John Piper's statement? How does James 5:16 and John Piper's statement shape your understanding of confession?

- In the Catholic church, there is a confessional where people go to share, in confidence, their sins with a priest. Is that a good thing or a bad thing? Do you think Protestants drop the ball when it comes to confessing to one another? How could we make it safe and healthy to confess to others?

**When we confess, we restore our relationship with God.**

READ 1 John 1:8.

*“If we claim we have no sin, we are fooling ourselves and not living in the truth.”*

- The first step to cleaning up my life is recognizing my faults. As a group, see if you can come up with two or three statements that would show I am denying I have faults. Ex. “I really don’t think I have a problem.”
- What would you say to a follower of Jesus who says, “Hey, I’m a new person in Christ. That means I shouldn’t have to struggle with sin ever again.”

READ 1 John 1:9

*“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.”*

- What does it mean to restore our relationship with God? If we are a follower of Jesus, we don’t lose our relationship with God when we sin. So, what do we lose and what gets restored when we confess?
- To maintain continual fellowship with God, we need to regularly confess our sins to Him. Why would God arrange our relationship with Him to be like this?
- When we confess our sins, God is “faithful” and “just” to forgive our sins. What does it mean that He is “faithful” to forgive us? What does it mean that He is “just” to forgive us?
- When we confess our sins to God, He cleanses us. He makes us pure. What if we confess our sin to God and we don’t *feel* cleansed? What should we do?
- Imagine you are speaking to a friend about this value of confession. What boundaries would you advise to your friend to help their confession experience go well? What encouragement would you give them?

## PRAYER

Before you begin your prayer time, read through the following verses from Psalm 51 out loud together. Allow God to speak to your heart about admitting your faults to Him and to at least one other person. After you read, take a few minutes on your own to pray to God, then spend time together in prayer. As your group environment allows, create a place where you can confess.

- <sup>1</sup> Have mercy on me, O God,  
because of your unfailing love.  
Because of your great compassion,  
blot out the stain of my sins.
- <sup>2</sup> Wash me clean from my guilt.  
Purify me from my sin.
- <sup>3</sup> For I recognize my rebellion;  
it haunts me day and night.
- <sup>4</sup> Against you, and you alone, have I sinned;  
I have done what is evil in your sight.  
You will be proved right in what you say,  
and your judgment against me is just.<sup>[a]</sup>
- <sup>5</sup> For I was born a sinner—  
yes, from the moment my mother conceived me.
- <sup>6</sup> But you desire honesty from the womb,<sup>[b]</sup>  
teaching me wisdom even there.
- <sup>7</sup> Purify me from my sins,<sup>[c]</sup> and I will be clean;  
wash me, and I will be whiter than snow.
- <sup>8</sup> Oh, give me back my joy again;  
you have broken me—  
now let me rejoice.
- <sup>9</sup> Don't keep looking at my sins.  
Remove the stain of my guilt.
- <sup>10</sup> Create in me a clean heart, O God.  
Renew a loyal spirit within me.

## **FURTHER STUDY OPTIONS FOR YOUR GROUP OR TO DO ON YOUR OWN THIS WEEK**

READ: Matthew 5:23-24

*“So if you are presenting a sacrifice on the alter in the Temple and you suddenly remember that someone has something against you, leave your sacrifice there at the alter. Go and be reconciled to that person. Then come and offer your sacrifice to God.”*

- How does this passage link our relationships with each other to our relationship with God?
- Why are these two relationships so closely linked to our willingness to confess?

READ: Ephesians 4:25

*“So stop telling lies. Let us tell our neighbours the truth, for we are all parts of the same body.”*

- Hiding the truth about ourselves hurts our community with one another in the body of Christ. In what ways might this hurt take place?
- In what ways might a relationship grow when we confess?

READ: Ephesians 4:32

*“Instead, be kind to each other, tender-hearted, forgiving one another, just as God through Christ has forgiven you.”*

- The implication here is that we will be confessing to one another. The result is we are to forgive. How do kindness and tender-heartedness factor in to confession?

READ: Ephesians 5:8-9

*“For once you were full of darkness, but now you have light from the Lord. So live as people of light. For this light within you produces only what is good and right and true.”*

- As followers of Jesus, we can't be a people who keep our sin hidden in the darkness. We are people of the light! What from this passage encourages you about the value of confession?
- Part of being people of the light means living in truth – allowing people to see us for who we are. Are there situations in Christian community where transparency is not a good idea? When might that be?

John Piper says, "You need to be known as an open book appropriately read by accountable, mature people in your life."

- How might you use this statement from John to encourage a friend who doesn't see the need to confess?
- What is a key thing that God has been speaking to you about in this study?
- What is a next step you can take?