

**One Another**  
**Confess to One Another**  
October 25, 2015

*“...confess your sins to each other and pray for each other...”*  
James 5:16 (TNIV)

**Why does this make us feel uncomfortable?**

1. Because of my \_\_\_\_\_ of \_\_\_\_\_.
  - Whether I view others as holier than me or worse than me, the outcome is the same - \_\_\_\_\_.
2. Because of my \_\_\_\_\_ or \_\_\_\_\_.

**How to approach confessing to another believer:**

1. Bring the \_\_\_\_\_.
  - It starts with an \_\_\_\_\_ of \_\_\_\_\_.
  - \_\_\_\_\_
  - A determination to \_\_\_\_\_.
2. \_\_\_\_\_ the \_\_\_\_\_.

**How to approach receiving a confession:**

1. Bring the \_\_\_\_\_.
  - The \_\_\_\_\_ comes from learning to “live \_\_\_\_\_ the \_\_\_\_\_.”
2. I approach the conversation with \_\_\_\_\_.
3. I need to \_\_\_\_\_ and \_\_\_\_\_.

*“God is calling into being a Church that can openly confess its frail humanity and know the forgiving and empowering graces of Christ. Honesty leads to confession, and confession leads to change.”*

- Richard Foster (from *Celebration of Discipline*)

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### Questions for Discussion

1. Discuss the ways in our culture we tend to “project” a certain Image that may or may not be true. (This is not to bash others, but to examine cultural tendencies we may fall into as well.)
2. On a scale of 1 to 10, 1 being difficult and 10 being easy, how easy do you find it to admit to your own faults- to yourself, to God, to others?
3. Talk about someone in your life who is good at owning their share of the blame.
4. When someone is quick to admit to their failures in life, does this make you respect them more or less?
5. Richard Foster says “It is quite correct theologically to say that every Christian believer can receive the confession of another, but not every Christian believer will have sufficient empathy and understanding.” What are some other traits we should look for in someone we wish to confess to?
6. Do you currently have anyone in your life that fits your description above? Do you feel you could fill that role in someone else’s life? Why or why not?
7. What are some practical steps you can take to begin regularly confessing to others?

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