

Rooted Week 7

Describe a time in your life in which you had to confess something difficult.

Read 1 John 1:5-10

POINT 1 - CONFESSION REMOVES THE WEIGHT OF SIN

How does unconfessed sin weigh you down? How does it impact the way you act and react in life?

Read Romans 6:1,11

Why should confession not be the end? What is it supposed to lead to?

What benefit is there to confessing individual sins as opposed to just praying a general confession?

POINT 2 - CONFESSION REMOVES THE SCALES FROM OUR EYES

1 John 1:7 talks about walking in the light. Using other verses from Scripture, describe the “light” the verse refers to.

How does confessing sin help us see the world more clearly?

Point 3 - CONFESSION ALLOWS US TO HEAR GOD’S VOICE MORE CLEARLY

(1 John 1:8, 10) What is the danger of ignoring or overlooking our sin?

Read Luke 8:9-14

Why is it important for us to recognize the sin in our lives? How does that change us?

Why would regular confession make reading Scripture and worship more meaningful and delightful?

Most people look at confession as something to dread, but for the Christian, how should we view confession?

On the next page, you will find John Wesley’s 21 questions he used in his small group. Find time during the week to get alone and reflect on each of the questions and pray for forgiveness and life change where needed.

John Wesley's Small Group Questions:

1. Am I consciously or unconsciously creating the impression that I am better than I am? In other words, am I a hypocrite?
2. Am I honest in all my acts and words, or do I exaggerate?
3. Do I confidentially pass onto another what was told me in confidence?
4. Am I a slave to dress, friends, work, or habits?
5. Am I self-conscious, self-pitying, or self-justifying?
6. Did the Bible live in me today?
7. Do I give it time to speak to me every day?
8. Am I enjoying prayer?
9. When did I last speak to someone about my faith?
10. Do I pray about the money I spend?
11. Do I get to bed on time and get up on time?
12. Do I disobey God in anything?
13. Do I insist upon doing something about which my conscience is uneasy?
14. Am I defeated in any part of my life?
15. Am I jealous, impure, critical, irritable, touchy or distrustful?
16. How do I spend my spare time?
17. Am I proud?
18. Do I thank God that I am not as other people, especially as the Pharisee who despised the publican?
19. Is there anyone whom I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I going to do about it?
20. Do I grumble and complain constantly?
21. Is Christ real to me?