

Lesson 3: Confession

Icebreaker:

Ask everyone in the room to think of a number. Ask them to follow these instructions: Double it. Add 9. Subtract 3. Divide by 2. Subtract your original number. Announce that you know the number everyone is now thinking. (They will be thinking 3 no matter what number they originally chose.) Point out that if they did one of the steps wrong (triple the number instead of doubling it; add 7 instead of 9, etc.) it won't work.



Alternative:

Ask everyone to think of a time when they knew they did something wrong. How did it make them feel? What did they do about it?

This session's video describes how admitting our sinfulness to God allows us to walk in the light of Christ.

Watch the Video

Discussion Questions:

1. Why do you think Adam and Eve disobeyed God? (Genesis 3)?
2. Why do we try to hide what we do wrong?
3. Why does hiding what we do wrong never work?
4. If God already knows everything, why does he want us to confess our sin to him (1 John 1:9)?
5. What do you think the Bible means when it says that, "if we confess our sin, God is faithful and just to forgive our sin and purify us from all unrighteousness" (1 John 1:9)?
6. If you were Christian (the traveler in *Pilgrim's Progress*), how would you answer Presumption's statement, "If we want to sleep in a dangerous place, it is not your business."

1 John 1:9 (NIV84)

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.