



Part 1: Confession 101
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The Joy and Pain of Coming Clean

⁵This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. ⁶If we claim to have fellowship with him yet walk in the darkness, we lie and do not live by the truth. ⁷But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

⁸If we claim to be without sin, we deceive ourselves and the truth is not in us.
– 1 John 1:5-8

Biblical Truths

- God wants us to step out of our darkness into his light (vs. 5)
- God doesn't do gray (vs. 6)
- God's purity has a ripple effect within his family (vs. 7)
- God wants us to tell the truth about ourselves (vs. 8)

*"You will never experience wholeness beyond your willingness to face the truth about yourself and expose it."
– Cindy Caliguire*

One of the greatest inhibitors to spiritual growth is our denial of the true condition of our own souls.

Confession includes:

1. An acknowledgement of the wrong that was done
2. A pronouncement of personal ownership
3. A willingness to go public

Therefore, confess your sins to each other and pray for each other so that you may be healed. – James 5:16a

(Continues on back)

1 John 1:9

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

God's Response to Genuine Confession

- Faithful
- Fair
- Forgiveness
- Freedom

Next Steps

- Begin to pray now about taking the 12 Step Spiritual Journey in January
- Set aside some time specific and intentional time this week to come clean with Jesus

On your way home:

Let's try something different. The only person you are going to talk to on the way home is Jesus. What do you have to confess and make right with him?

Small Group Discussion Questions



- 1) What do you think of when you hear the word confession?
- 2) Why do you think God wants his children to come clean? What's the purpose behind saying it out loud?
- 3) Read 1 John 1:5-8 once again. What decisions do you need to make this week to get into the light?
- 4) Your small group is supposed to be a safe place where you can tell your story. Is there anything you need to confess to the group regarding where you really are on your spiritual journey?
- 5) 1 John 1:9 tells us what God's response is when we come clean. Why is confession still so hard when we know the outcome?
- 6) How can we pray for you tonight?