

## Battle Cry – Week Four

### Main idea

The path of healing begins with confession.

### Starter

Today we will begin with everyone sharing their deepest, darkest, secret sin. Who would like to go first?! Just kidding! We are discussing confession today, and you will have a chance to apply what we're learning later on, but for now, here is our starter question:

- What TV show are you most addicted to right now? Do you have any secret obsessions with a show? Is there a reality show you secretly catch every episode of?

### Discuss

- Describe your experience growing up with the act of confession—not specific things, but generally, did you see healthy confession modeled in your family growing up? If not, how were offenses most often dealt with in your family as a child?
- Consider this statement: “No change, growth, or healing can take place that does not first begin with confession.” Do you believe this is true? Why or why not? Can anyone think of any example where this would not be true?

### Scripture

Read [James 5:13-20](#). As you read, underline or highlight anything that stands out to you.

- Have each group member share what they highlighted. For each response, feel free to discuss the following:
  - Why did you underline that?
  - What does what you underlined reveal about God?
  - What does what you underlined reveal about us as people?
  - What insight does it provide about confession?
- The Bible teaches that only God has the power to forgive sins ([see Matthew 9:1-8](#)). If forgiveness comes from God, why should we confess our sins to each other? What specific verses from the passage in James help us answer this question?
- Here's an interesting observation from the passage. James suggests in verse 15 that the healing and forgiveness that God provides (at least sometimes) comes from the faith of the one who prayed—not from the one who is sick or in need of forgiveness. In other words, there is no requirement of faith from the one needing healing. Why is this good news? Why is this convicting? (Consider: sometimes people who need healing/change/forgiveness are the quickest to give up on prayer. They may give up considering their circumstances impossible. Consider additional implications for parents, spouses, students, neighbors, and coworkers).

## From the Message

- Pastor Ayren suggested four steps to confession:
  - Find the right person.
  - Initiate the conversation.
  - Be brutally honest
  - Brace for impact.
- Which step scares you the most when you think about confessing to someone?
- What are some of the challenges to each step?
- Let's face it. "Bracing for impact" doesn't sound fun. How can you be confident that the "impact you brace for" will be worth it in the end? (Look back at the passage of James for biblical responses and encourage someone from the group to look up and read [1 John 1:9](#); [Proverbs 28:13](#); and [Acts 3:19](#).)
- What about if you are the one being confessed to? What would be the *worst* possible way to respond? What would most likely happen if you responded that way? (Consider implications for spouses, parent/child, friends, classmates, coworkers, etc.) What would be the *healthiest* way to respond that would lead to healing, forgiveness, change, and restoration?

## Apply

Note to leader: If possible, we suggest you break off for the remainder of your time into groups of two (or possibly three if needed)—men with men and women with women.

*Share: "We are going to spend the rest of our time divided up into smaller groups of two. This will allow us more time to authentically share with, listen to, and pray for someone in the group. No one will be forced to share anything they are not comfortable sharing. And before we break off, we are all committing to not gossip about anything that is shared. Instead of praying all together as a group, you will briefly pray for the person you are listening to. Make an effort this week (set a reminder if you need to) to pray for and reach out to the person with a simple encouraging text or phone call. If you need more time together, schedule a time to grab a cup of coffee and keep the conversation going.*

*Here are the suggested questions for each of you to share in your breakout time:*

- *Where did you say yes to Jesus this week?*
- *Where did you say no to Jesus this week? (Consider primary relationships: As a spouse, parent, child, student, friend, etc.)*
- *How can I help keep you accountable this week?*

*End with briefly praying for each other and committing to pray and check in with each other later this week with an encouraging text or phone call.*