

Notes:

ICE BREAKER: What was the best part of the last week for you? Where did you see God working in your life in the past 7 days?

Read: James 5:13-20

**DISCUSSION QUESTION**: Isn't it enough to confess directly to God? Why do you think God wants us to confess our sins to one another?

**DISCUSSION QUESTION**: Under what conditions, if any, do you feel God could use you to receive another person's confession?

**DISCUSSION QUESTION:** How can the practice of confession to others lead us into a deeper experience of intimacy with God?

**DISCUSSION QUESTION:** In what ways, if any, has confession enabled you to experience joy and freedom in community?

**DISCUSSION QUESTION:** What disappointments or disillusionments, if any, have you experienced in practicing confession in community?

**DISCUSSION QUESTION:** What has the practice of confession taught you about yourself and your relationships?

**DISCUSSION QUESTION:** Kent suggested the following questions you need to ask yourself when selecting a confidant:

- Who will not judge you but will hold you spiritually accountable?
- Who will you not lie to when asked hard questions?
- Who can keep your conversation in confidence?
- Who is a good listener?
- Who will pray for you before, during, and after your struggles have been revealed?

Anything you add to the list?

DISCUSSION QUESTION: How do you think we can help improve Downtown's "climate of confession?"

As we close...

How can we pray for one another this week as we close?

Some discussion question material adapted from Richard Foster's book, Celebrating the Disciplines: A Journal Workbook to Accompany Celebration of Discipline