

# ONE | ANOTHER

## Confess To One Another | Discussion Notes

Start by reading through James 5:13-16. You may want to read it in a few translations.

- What stands out about this passage?
- Did this passage make you think differently about the role of community in our lives? Or think differently about confession?

This week Kate talked to us about confession and started by explaining that confession is powerful.

- What is confession and why do you think it is powerful?
- Kate says that we need to confess our sins because 'where there is sin, Satan has a right.' What do you think this means and do you agree?
- Have you experienced the impact of confession?
- Do you think forgiveness requires confession?
- Do you have anyone in your life that you've given permission to hold you to account?

Kate explained that many of us can find confession difficult.

- Do you agree that confession can be hard? If so, why do you think it is?
- How do you find being transparent and vulnerable?
- Is there such a thing as too much transparency or openness?
- How can we make sure confession goes deeper than the small mistakes we make? What can we do to confess deeper, perhaps hidden, patterns of sin in our lives?

There are some best practices around confession that can help it to be as transformative for us as individuals and healthy for the people we confess to. Spend some time writing down some 'ground rules for confession', this could either be on a large sheet of paper or by asking each member to write some down on Post-It notes and then collating them.

Finally, spend time praying for one another. This could involve confession or it might be that you pray for healthy contexts to confess outside of Hub time.