**SHARPENING THE AXE**

**Journeymen, April 2, 2014**

**Session 10: “Spiritual Disciplines: Confession”**

**We confess to God (Psalms 23:1-7)**

**We confess to others (James 5:16)**

**Confession = The practice of acknowledging our sin before God and a fellow brother in Christ.**

**Why?**

* Removes the illusion that I’m in control of my life and don’t need help
* To lay the burden of sin and the accuser’s lies about me at the cross
* To take my sin more seriously

**Reality**

* We dare not be sinners!
* Isolation leads to deeper and more destructive sin habits
* Living on “self-forgiveness”
* It haunts and cuts our pride!

### **Small Group Discussion**

### **Connect**

* Did you have any opportunities to practice service this last week? If so, how did it go?
* What are your first thoughts on Confession: the good, the bad and the ugly?

**Grow**

* Do you agree with the listed benefits of confession? Have you every experienced them before?

* What is your biggest struggle as it relates to confession? What keeps you from practicing this discipline?

* Who is a trusted friend you can begin to practice this discipline with? How will you incorporate in your spiritual life?

\*\*REMEMBER\*\*  
Father/Son Campout

Weekend #1 – April 25-27 | Weekend # 2 – May 2-4

Grab an info card before you leave