

**SHARPENING THE AXE**  
**Journeyman, 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