

# DEEPLY DEFINED

## Opening Engagement

### MAIN IDEA:

To become more Deeply Defined, we must get in the habit of daily confession and repentance, and live with an attitude of forgiveness.

### PRE-READING:

Members should read chapters 6-10 before group time.

### GET STARTED QUESTIONS:

As a group, define confession, repentance, and forgiveness. Is there a right and wrong way to confess? Explain.

Why is living a life of forgiveness so important?

Confession is acknowledgment of guilt. Repentance is a change of course. Forgiveness is a restorative relationship that entails the removal of guilt. Confessing in humble brokenness and sincerity is how we should approach the Lord, or someone we have wronged. Demanding forgiveness, or giving it half-heartedly is not what the Lord intends for us to do. Living a life of forgiveness is important because we must forgive others the way Christ has forgiven us. When we refuse to forgive, bitterness, hatred, and all kinds of sin can stay in our hearts.

## Discuss

Begin by reading Proverbs 28: 13-14. Contrast concealing a sin and confessing a sin. What are the personal outcomes of both? Who is blessed in this verse? Who falls into trouble?

We must admit we are sinners, and confess our sins. This shows a brokenness, and an awareness of our sin. A shallow acknowledgment of sin can be meaningless if we aren't broken by our sin and have no desire to change.

What two attributes of God come out according to 1 John 1:9 when we confess our sins? (faithfulness and justice). Write these on a whiteboard. According to this same verse, when we confess, what does God do for us? (He forgives and purifies). Write these on the whiteboard. How do we see faithfulness and justice in God's forgiveness and purification?

When we confess, God treats us with forgiveness and purifies us. So, what makes it so hard for us to confess?

Remind the group that repentance must follow confession for confession to be complete. Discuss why this is the case.

Read Acts 3:19-20. According to this verse, what two things happen when we repent? Why do you think we are refreshed after we repent? Summarize the story of David and Bathsheba, or simply read the summary in Chapter 6. Have your group count the times David should have walked away. Discuss why it is so easy for us to see when David should have repented, yet so hard when we are in a spiral ourselves. How can we become more aware in our lives to stop a sin spiral?



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1 Peter 5:8-10 tells us four things that will help us stay out of a sin spiral when we practice daily confession and repentance. What are they? Write them on a white board for the class to see. How do these things keep us out of a spiral? Ask if daily confession and repentance is a new concept, and discuss why it should be important to us.

Read James 4:7-10 and discuss the process of confession and repentance. Notice how these verses end in verse 10!

Not only will God honor those who have confessed and repented, he forgives! And we all need forgiveness. Read James 2:10. Discuss what this verse means. We all need forgiveness from the Lord. Forgiveness is defined as "A restorative relationship that entails the removal of guilt." Janey pointed out four words in the Bible that are used for forgiveness, and each brings even more depth to our understanding of this beautiful word. Write each on the board and discuss how these words show forgiveness.

**Nasa (Hebrew)** – to lift, carry, or forgive

**Kaphar (Hebrew)** – to cover, to atone for sin

**Salach (Hebrew)** – to pardon or forgive

**Aphiemi (Greek)** – to send away from

1 John 2:9-11 shows us that hate is not an option, we must strive to forgive with the Lord's help. Why? The answer is found in Matthew 6:14-15. Read it, then discuss the importance of forgiveness, even if it is best that a relationship not be renewed (sometimes forgiveness is healthiest from far away if the relationship was abusive).

## *Wrap It Up*

Challenge the class to begin to pray for each other if anyone is struggling to forgive someone. Participants can share as much or as little as they feel comfortable sharing, it can be as simple as "Raise your hand if you are having trouble forgiving someone for any pain they have caused". Tie this in with the importance of daily confession and repentance, and daily striving to forgive. Challenge the class to try it this week. If you do this, don't forget to circle back next week and see how it went!

## *Closing Prayer*

Pray that your group will be motivated to confess and repent daily. Pray for anyone who is struggling with forgiveness, that their hearts will be softened, and that bitterness will not take hold.



*Session 2  
Confession, Repentance  
& Forgiveness*