

## Moving Toward Redemption

What was it like to reflect and recall the sins of your story so far? Before you share what you wrote down when you recalled your sins, let's look at why it is such an important process that you started. As you may recall from the previous study, everyone has sin in their stories. Do you think that it matters what attitude a person has after he has sinned?

### John 3:19-21

Why would someone prefer to hate the light and chose to love darkness? Who is controlled by fear, the person who comes to the light and lives by truth or the person who loves darkness? What do you prefer, darkness or light?

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How do you understand the concept of confession? Have you ever experienced confession before? One definition is: *saying the same as God, i.e. acknowledging what God already knows.* What do you think is God's purpose or intention in confession?

### James 5:16

What would a really bad experience with confession look like? What would be the results? Our goal is to provide a healthy, helpful and healing experience of confession. At our last study, we shared with you sins from our story.

[Facilitator note: recap some of the sins from your life mentioned at the last conversation.]

Would you be open to sharing your sin list or life journal with us now?

\* \* \* \* \*

Thank you for your courage and vulnerability in sharing your life with us. How did it feel to share your sins with us?

### 2 Corinthians 7:8-11

Can you describe what a worldly response would be to the sin from your story so far? What would godly sorrow look like as a response for you?

\* \* \* \* \*

How do you think Jesus feels about your sin?

### Matthew 11:28-30

Jesus describes us as "weary and burdened" and he extends an invitation to "learn from him." (Facilitator can share examples of ways he has been helped by Jesus so far in his story.) What type of things do you think Jesus could teach that would help you in the conflict of sin?

### Recommendations for developing your list:

- Commit to writing additional thoughts to your sin list including how these sins affected you personally (spiritually, emotionally, mentally, relationally, physically).
- Go back through your sin list and trace each sin back through to the heart sins (i.e. pride, selfishness, greed, impatience, etc.) that led to the 'big' sin.
- Review your list and identify everyone that was hurt specifically by your sins and consider making amends if possible with those individuals unless it would cause harm to them or others.
- Homework Scripture Study: **Romans 3:9-20; John 14:6-7; John 18:36-37**