



SEPTEMBER 17 & 18
MY HEAD

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INTRODUCTION

This week, Pastor Chip began our series *From Me to Free* by talking about the importance of confessing our sins to God and one another. Confession is agreeing with God that I'm wrong and speaking that truth. Confession is also the key that unlocks the door to holiness through repentance. Through the story of King David's adultery and premeditated murder in 2 Samuel 11-12, we see the power unconfessed sin can have in even the most devout heart.

DISCUSSION

1. **Read James 5:16.** How does confession "heal" a person? Think about a time in your life when you had to confess a wrongdoing or sin to someone else. What effect did that confession have on you? Why is prayer an important part of confession?
2. As a group, take five minutes to pray silently for God to reveal any unconfessed sins to you. Then, confess them privately before God.
3. Journal about your experience from #2 for a few minutes. When the time seems right, have people in the group share, and if necessary, confess what God has put on their hearts.

THINK ABOUT IT

"In the same way, count yourselves dead to sin but alive to God in Christ Jesus. Therefore, do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace." Romans 6:11-14

Unconfessed sin can master us and overtake our lives as it did to King David. One does not become a murderer from one sin. It takes many small steps, small lies, actions, attitudes that eventually lead us on a path we never thought we would be on. If you are starting down a path you know deep down is wrong, look back, look inside, look up....and confess.

DO SOMETHING

1. If God revealed someone you needed to confess a wrong to, take time this week to contact them and confess. Remember, you are not responsible for their reaction, only your obedience to God through confession.
2. If you would like to read more about why we should confess to one another, read this article from *Relevant* magazine. A couple great books on confession include *The Grace of Repentance* by Sinclair Ferguson and *The Cost of Discipleship* by Dietrich Bonhoeffer
3. Read through Psalm 32 this week as a prayer.
4. Be a listening ear for a broken and contrite heart. Be part of the healing process!