

# Be with One Another

## Discussion Guide

Week of July 23 - **"Confess to One Another"**

**Scripture verse: James 5:13-18**

### **LOOKING BACK:**

1. Last week we looked at ways to stop passing judgement. As believers, we are to leave judgement to God alone. Were you able to move throughout your week being less critical and judgmental? Was the catalyst for change the cause/effect that your judgment would bring on you or simply that Jesus instructed us not to judge?
2. Have three or four people share situations in which they felt tempted to judge but remembered Jesus's instructions.

**OPENING QUESTION:** Think of an instance where you felt guilty or burdened but shared that situation with a trusted friend or confidante. How did you feel once you shared this weight and shined light on the situation?

### **LOOKING UP:**

1. Have someone in the group read James 5:13-18
2. What action steps are tucked into this verse? Considering how we are to respond to each of these emotions or physical situations, what does this tell us about how we are to live our daily lives in Christ? (Regardless of happiness, sickness, trouble, or sin we are to take every occasion to the Lord.)
3. Spend time going through the 4 questions listed below.

## **READ THE PASSAGE**

**James 5:13-18**

Answer the first 2 questions after reading the passage

1. What stood out to you most?
2. What was challenging or hard to understand?
3. What does this teach us about God?
4. What does this teach us about people?

## **RE-READ THE PASSAGE**

Read the passage again using another Bible translation... then answer the last 2 questions

### **LOOKING FORWARD:**

1. Sitting quietly for a few moments, ask the Holy Spirit to help you bring to mind any unconfessed sin for which you've yet to ask forgiveness? Find a trusted Christian friend and share with him/her your sin or area that needs improvement. (Perhaps that person is here in your group today.) Talk also about areas you are getting right.
2. James 5:16b tells us "The prayer of a righteous person is powerful and effective." If you are having trouble believing in God's forgiveness, reach out to that same trusted Christian friend who can remind you of relevant Bible verses and promises that confirm your forgiveness, remembering God alone gives forgiveness.
3. How often do you take more than a passing minute to really think through your sins? 1 John 1:9 tells us we are forgiven IF we confess our sins. This coming week, schedule time each day to confess your sins to the Lord and ask for his forgiveness. Use a journal or piece of paper to write down what things continue to trip you up and cause you to sin. (After this week, throw the paper away as a symbol of God's forgiveness of your sin.)