

# CONFESSION

*By John Begeman*

## INTRODUCTION

Confession is much more than saying, “I’m sorry.” It is a beautiful invitation to drop our fig leaves and tell the truth of what has happened. Here we move away from the sickness of our secrets and into the health and transformation that Jesus promises to those who tell the truth.

- **Scripture:** Genesis 2:25, Genesis 3:7-10, James 5:16, John 8:32, John 14:6
- **Main Idea:** We are as sick as our secrets<sup>1</sup> and we are as healthy as we are honest. Confession is the tool of truth telling that leads to healing.
- **Take-Aways:** An invitation to drop our fig leaves, courageously tell the truth (confess) to another person, and experience the healing and freedom Jesus has on offer.

## Sample Outline (ME-WE-GOD-YOU-WE)

- **ME:** Open with a story where telling the truth felt like death.
- **WE:** Name how we’ve all been there and share some examples for youth.
- **GOD:**
  - Start with Adam being fully known, seen, and loved (Gen. 2:25).
  - Then highlight how sin introduced hiding and secrecy (Gen. 3:7-10).
  - Share the Nicky Gumbel quote about our public, private, and secret lives.
  - Highlight how honesty is the pursuit of being whole again.
  - BIG IDEA: **We’re as sick as our secrets and we’re as healthy as we’re honest.**
  - Set up four movements of the talk about honesty/confession:
    1. What is it?
    2. Why do we do it?
    3. How do we do it?
    4. Where do we start?
  - WHAT is it?
    - i. Define what it is.
    - ii. Reference the prayer acronym (ACTS) they might have grown up with.
    - iii. Redefine confession away from “saying sorry”

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<sup>1</sup> Alcoholics Anonymous (AA) slogan.

- iv. Greek word for confession = homologeō
  - Homo = same
  - Logo = word
- v. Confession is to say the same word as God.
- vi. John 8:32
- vii. Talk about accountability and correct what it means as...
- viii. Committing to take action and planning when we will tell others the truth.
- WHY do we do it?
  - i. James 5:16
  - ii. For healing because it sets us free.
  - iii. Truth is more than a concept, it's a person. Jesus is truth (John 14:6).
  - iv. How does Jesus heal us?
    - By replacing lies with truth (heart) which produces right thinking (head) and leads to right action (hands). It's holistic!
- HOW do we do that?
  - i. By creating rhythms or practices weekly.
  - ii. Sharing Group Check-ins.
  - iii. Utilizing the RETRAIN Tool.
- WHERE do we start?
  - i. Identify who you trust the most.
  - ii. Pause for 1 minute of silence and invite the students to ask God who this is.
- **YOU:** He is inviting you out of hiding in order to heal you.
- **WE:** God killed an animal as a sacrifice to cover Adam and Eve—we now have Jesus as our ultimate sacrifice covering us. So we can trust this when we confess and tell the truth, we will be met with grace and mercy.
  - We were built for right relationship where we are fully seen, known, and loved.
  - So let's tell the truth and keep telling it believing it is the pathway to life where we encounter the transformative power of Jesus to heal and set us free.

## Small Group Discussion Guide

- 01. How have you been taught to confess?
- 02. What has been your experience of confession or telling the truth?
- 03. Is there someone who you regularly confess to?
- 04. Have you identified someone you feel safe to confess to?
- 05. What are some rhythms you could implement in your life to make confession a regular practice?

## QUOTE

“It has been said that everyone has three lives – a public life, a private life and a secret life. Holiness is about living an integrated life, rather than a dis-integrated one. Holiness is where there is ultimately no difference between our public, private, and secret lives and no difference between what we profess and what we practice. Holiness is linked to wholeness. When God calls you to be holy, he is saying ‘be wholly mine.’

– Nicky Gumbel, Founder of Alpha Course

## SCRIPTURE

*“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”*

**JAMES 5:16**

*“And you will know the truth, and the truth will set you free.”*

**JOHN 8:32**

*“Jesus answered, ‘I am the way and the truth and the life. No one comes to the Father except through me.’”*

**JOHN 14:6**

*“Adam and his wife were both naked, and they felt no shame.”*

**GENESIS 2:25**

*“Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Then the man and his wife heard the sound of the Lord God as He was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, ‘Where are you?’ He answered, ‘I heard You in the garden, and I was afraid because I was naked; so I hid.’”*

**GENESIS 3:7-10**