



Spiritual Disciplines
SESSION 10: CONFESSION

Based on *Celebration of Discipline*
by Richard Foster

ICEBREAKER QUESTIONS:

What do you think of when you think of confession?

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

1 Peter 2:9

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

WESLEYAN BANDS - HOW WESLEYANS/METHODISTS HAVE PRACTICED CONFESSION

- History: John Wesley and George Whitefield – Both Great Evangelists in the 1700's
- Whitefield the better Evangelist – Wesley had a better system to follow-up with conversions
- Societies, Classes, and Bands

"BAND" PRACTICE AT MARVIN UMC

1. How is it with your soul?
2. What are your struggles and successes?
3. How might the Spirit and Scriptures be speaking in your life?
4. Do you have any sin that you want to confess?
5. Are there any secrets or hidden things you would like to share?

"In the name of Jesus Christ, you are forgiven"



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PRACTICAL TIPS WHEN WE CONFESS

- Go through sorrow and repentance before and after confession
- Confession is also sharing burdens not just sin issue
- Talk about your besetting sins

PRACTICAL TIPS WHEN WE HEAR CONFESSION

- Don't turn it into gossip
- Control your own pride
- Speak simple truths to the person – Example: "In the name of Jesus Christ, you are forgiven"
- Let the person finish their sentences and thoughts
- Don't become a therapist

Rejoice with those who rejoice; mourn with those who mourn.

Romans 12:15