



'Repent' and 'confess' can sometimes feel like hard words to swallow. Perhaps it might feel like you have to relive every wrongdoing you've ever done on repeat. However, the heart behind these terms goes so much deeper- straight to the core of our relationship with God. Through repenting and confessing, we are given an accurate picture of ourselves, we bring ourselves into alignment with how God sees our sin, and we gain a fuller understanding of what God offers us in return. Let's look at how repenting and confessing are forms of emptying ourselves, and what God wants to fill us with in return.

*Read: Mark 1:15; 1 John 1:8-10*

Do you think "repent" is a feeling word or an action word? Why do you think so?

Can we fully walk in step with Jesus without repentance and confession?

Can you think of a time you've tried? How did it work out?

How serious is our perception of our own sin? Why?

Is confession a one time event or ongoing?

Who do these passages indicate we should confess to?

What does God offer us in the midst of, and in exchange for, our sinfulness?

*Make it personal:*

Repentance and confession, at the core, are about a fully open, honest relationship with God. They're about laying our hearts bare before our Father so that he can clean what needs to be cleaned, and pour more of himself into us: His grace, His love, His forgiveness, and His righteousness.

Are there parts of your heart or your story that you've hidden away or tried to lock God out of?

What makes it hard to expose those things to God?

What would it feel like to repent of those things and confess them before the Father who loves you in spite of them?

Ask a trusted friend, a pastor, a counselor or your small group to come alongside you, and pray with you, as you work to shine God's light into all the dark corners of your life through repentance and confession.

*Prayer:*

*Father, thank you for your grace and your love that you extend to me, even though I don't deserve it. Thank you for sending Jesus to pave the way for me to have a close relationship with you in spite of my sinfulness. Help me expose all the pieces of my heart that I'm afraid to show you. Help me trust your gentle and loving hands as you create in me a clean heart, and substitute your righteousness in place of my sin. Amen.*