



Week: 2 – Reflection & Confession

Date: March 7, 2021

Scripture: 1 John 1:5-9

Big Idea: Sin separates people from God. But unidentified and unconfessed sin separate people from hearing from God or receiving his blessing. If we want to receive anything from God, we must develop a regular habit of self-reflection and confession.

Video: <https://youtu.be/yjxHLYOMq7Y>

Preparation: Mom and/or dad, take time to prepare well for this spiritual experience with your son or daughter and perhaps their friends. Proper preparation includes reading through this guide, setting up a comfortable environment, preparing the videos, materials (*everyone will need a Bible, pen and notebook/journal*) and snacks, and prayer. It also includes giving your participants time to prepare as well. Let them know in advance what you want to do and then remind them a few minutes before your start time so that they are ready too.

Interactive game / activity

- **@Home:** “Would you Rather...”
Using the list below, ask participants (parents and students) what they would rather do. Hopefully this sparks some laughter and some good conversations. **Would you rather...**
 - Bite an apple and find half a worm **or** drink a soda and find ants crawling inside?
 - Lose your phone for a week **or** consume only vegetables and water for a month?
 - Be the smartest person in your class **or** be the most athletic?
 - Be caught on camera with a booger hanging out **or** with your underwear showing?
 - Every shirt you ever wear be kind of itchy **or** only be able to use 1 ply toilet paper?
 - Only be able to use a fork (no spoon) **or** only be able to use a spoon (no fork)?
 - Have to read aloud every word you read **or** sing everything you say out loud?
 - Start a food fight in your favorite restaurant **or** start a water balloon fight in church?
 - Always sing out of tune **or** always fart when speaking to people of the opposite sex?
 - Live in a cave **or** live in a tree house?
 - Be turned into a dog **or** a cat?
 - Get caught lying to your boss/teacher **or** get caught stealing from your school/work?

Activity Debrief: (This would be a good time to pass out snacks)

- Do you think most people are remembered for the successes or their mistakes? Why?

Video Teaching: Habitudes – [Reflection and Confession](#)

Set-up: (Say to the group)

Today we're in week 2 of our Habitudes series. Last week we discussed fasting and prayer. This week we turn our attention to reflection and confession. Before we watch the teaching video, turn to a family member and confess to them your most embarrassing moment... Just kidding! Let's watch the video and see what we can learn about this week's "Habitude."

Play the video [HERE](#).



Ice Breakers:

- Would you rather confess a major misdeed against a loved one, or have that same loved one confess a major misdeed they committed against you? (Think gossip, lying, stealing, cheating) Why?

Discussion Starters:

- Rank the following motivators compelling you to do what is right.
 - a. I don't want to be punished.
 - b. I don't want to let others down.
 - c. I want to please the authorities in my life: God, parents, teachers, etc.
 - d. I want to do the right thing because it is the right thing.
- Why do you think it is so hard to confess when we make a mistake?

Scripture: Read **Psalm 32:1-7** together, out loud, and reflect on the words there.

Blessed is the one whose transgressions are forgiven; whose sins are covered.

² Blessed is the one whose sin the LORD does not count against them and in whose spirit is no deceit.

³ When I kept silent, my bones wasted away through my groaning all day long.

⁴ For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD." And you forgave the guilt of my sin.

⁶ Therefore let all the faithful pray to you while you may be found; surely the rising of the mighty waters will not reach them.

⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

Digging Deeper:

- What are the consequences of both confessed and unconfessed sin? Make two lists.
- What types of trouble do you think the Psalm writer has in mind in verse 7? (see vs. 3-4)
- In what ways can confession bring deliverance (or songs of deliverance)?
- What benefits might there be to confessing sin, temptation, fear and such to another person?

Application:

- How often do you think it would be good for you to reflect on your life and practice confession?
- Who has God placed in your life that would be a safe and helpful person to confess to?
- What difference do you think it would make in your life if confession was a regular part of it?
- What "next step" can you take today or this week to make confession a bigger part of your life?



Closing activity & prayer: choose 1 of the following options to close your time together.

- SINGING: Sing [Forgiven](https://youtu.be/xP-SVCdQ2R0) by Crowder (<https://youtu.be/xP-SVCdQ2R0>)
- JOURNALING: Take some time and be honest with yourself in reflection. In your prayer journal, jot down some things you feel the Holy Spirit calling you to confess. If there are people that you need to confess to as well, jot their names down too. Once you're done reflecting and writing, take a few minutes to pray and confess these before God, asking him for forgiveness and healing.
- SCRIPTURE: Meditate on, memorize, and make one of these verses your prayer:
 - **1 Peter 5:6** - "Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you."
 - **James 4:6** - "God opposes the proud, but gives grace to the humble."
 - **2 Corinthians 7:9-10** - "...you were made sorrowful to the point of repentance; for you were made sorrowful according to the will of God...For the sorrow that is according to the will of God produces a repentance without regret, leading to salvation...."
- PRAYING: Close your group time in prayer for one another. Share prayer requests and assign partners to pray for one another throughout the week.