

## **Transformation through Confession**

### **Session Aim**

The focus of this session is on the power of confession as a part of the continuing transformation process in the life of a Christian. Our accountability to God and one another helps us grow. Our commitment is more solid in our own minds and the possibility of renewal and transformation is more certain the context of a faith community.

### **Preparation**

After a holiday break, it will be helpful for you to review the previous lessons. The theme of our small group studies for 2009-2010 is "Touching Hearts, Transforming Lives." Clearly transformation is a biblical theme: so far we have studied Romans 12; 2 Cor. 3:7-18, and 2 Cor. 5:11-21. Christian transformation requires that we know who we are—our identity in Christ. Christian transformation always occurs in the context of a faith community where we share relationships—knowing others and being known.

**Bible Text:** Psalm 32:1 – 11; Romans 3:21-4:8

### **Introduction**

An essential aspect of a transformed life is our willingness and ability to deal with our sins. Many Christians want to deal with sin effectively, but lack effective understandings and strategies to win the battle. In Romans 3:23 and 7:7 – 13, the Bible makes clear that none of us are exempt from the struggle with sin. In Psalm 32 David outlines the consequences of failing to deal with sin and shares some effective steps for dealing with sin. It is interesting that Paul quotes Psalm 32 at the beginning of Romans 4. David begins Psalm 32 with a description of the truly blessed man. Who is blessed? The man who is forgiven! How do we get to this blessed (happy) state? Psalm 32 has a simple formula for such a process. We cannot hide our sins. In hiding our sins we are not only affected spiritually but also physically (v. 3 – 4). We must acknowledge and confess our sins (v. 5). Finally, we are to pray and seek the Lord. In this simple biblical formula lies the key for a life transformed through confession.

### **Welcome/Icebreakers**

What is something you got blamed for when you were a kid? (Think of a time when you really were guilty; think of a time when you got blamed but were not guilty.)  
What differences or similarities do you see between guilt and shame?

### **Worship**

Sing songs that focus on confession. Read together Romans 7:7 – 13.

**Word (Read together Psalm 32:1 – 11)**

1. In verse 3 and 4, David kept quiet about his sin. How do we try to hide our sin today?
2. What prevents us from confessing known sin in our lives?
3. Why do you think we are sometimes hesitant to confess sin, even when we know God will forgive us?
4. Why is confession of sins so important to God?
5. Describe the feelings you have when you have un-confessed sin in your life?
6. What personal testimony can you give about God's forgiveness?
7. What has motivated you in the past to repent of selfish behaviors or attitudes?
8. How do you feel when you repent and experience God's forgiveness?
9. How does God's faithfulness in forgiving us encourage you for the future?
10. What behavior or attitude do you feel like you need to confess today?

**Word (Read together Romans 3:21-4:8)**

1. How does a person receive righteousness (become righteous)? What does the concept of righteousness mean to you?
2. Discuss the three “everyday” words (commonly used in the first century) which Paul uses to describe what God did in Christ. The words are (1) justified, from the legal system; (2) redemption, from the slavery system; and (3) propitiation or sacrifice of atonement, from the religious system (3:24-25).
3. What does it mean that God is just and justifier (3:26)?
4. How does Paul apply this concept to Abraham (4:1-3)?
5. How does Paul use the quote from Psalm 32—what is his point?

**Application**

Confession is difficult! This week get with someone you trust and share with them your sins (James 5:16). Let us pray with each other and help one other overcome sin in our lives.

**Conclusion**

Think of something you would really like to change in your life. Confess it to God, humbly and honestly seek transformation, and keep track of your spiritual growth.