

The Relational Disciple



Confess Our Sins to One Another

Discipleship groups purpose: Each member being transformed into the image of the Son.

Key Truth: We are to confess our sins to one another.

Read: This is a very powerful action, but one that is probably very rare in the Body of Christ. I think one of the reasons why this doesn't happen more, is because people are afraid of what others will think of them and how they might be judged.

This is incredibly sad because being able to bring things into the light in a trusted environment, is one of the ways God heals us of the very things we may be struggling with. There is so much power in confessing ones struggle to a fellow brother or sister and have the love of the Father that is within them cover this reality.

James 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.

We can see from this passage that healing is connected with the confession of our sin. Jesus has already died for our sin and this is what makes it possible for us to be set free from not only our sin, but the power that sin can have over us. Confessing our sin to a brother or sister in Christ and bringing this into the light, can be one of the most freeing things we can do to enhance our walk with God and one another.

The enemy would have us keep the things we struggle with, being kept in the dark, because while they remain in the darkness, they remain powerful and he can use the power of our sin to keep us in bondage to it. Can we see the link? Jesus came to free us and the enemy wants to keep us in sin - bondage.

If there are things that are holding you back, find someone in the Body you can trust, who will love you unconditionally and bring these things into the light.

Questions:

1. Why is it so important we are able to confess any sin we may have in our life with someone we trust?
2. How easy is it to do this with others?
3. What stops us being able to do this?
4. What life do we think is on the other side of our confession?
5. Can someone share a positive experience from confessing your sin to an another and how did it feel afterwards?

Pray and encourage one another to press in to all God has for us.