

# WEEK 8 DAY 2

## MAIN POINT:

Healing occurs when you are able to confess your sins and pray for each other in your small group.

## KEY SCRIPTURE:

“Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”

(James 5:16)

# CONFESSING SIN BRINGS HEALING

**PRAYER:** Lord, give me the courage to be real with a few people who I can trust, so that we can heal together.

Authentic relationships are forged through real life struggles. It is easy to spend so much time trying to be who you think you should be that you lose track of who you really are. Are you trying to project a certain image that no one gets a chance to know the real you? If so, your mask has become your worst enemy. Fear of being known will keep you from the authentic relationships that you were created to experience. True friendship will never be realized until you dare to be known and take off your mask.

James 5:16 instructs you to confess sin to one another and to pray for each another. Your confession to other trusted people isn't a pre-requisite for God's forgiveness—God's forgiveness is granted when you accept Christ's payment for sin as your own—rather, your confession to others brings healing. When you allow others into your struggles you risk rejection, but you also create an opportunity to be known, loved, and reminded of how God sees you. You have a chance to pray for one another and to encourage each other with scripture to take the necessary steps for recovery. In these authentic relationships healing occurs—for everyone.

In summary, confessing sin to others accomplishes three things:

- First, confession allows others to know the real you. This opens the door for intimate relationships and frees others to be authentic with you.
- Second, this confession reveals where forgiveness and amends are needed. It starts the reconciliation process for relationships hurt by sin.
- Third, confession allows others to shine the light of God's mercy and grace on your brokenness. When others pray, encourage, and urge you to follow God's recovery plan, it brings you healing and gives others courage to do the same.

God never wants you to be isolated by sin. You were created for an authentic relationship with him and authentic relationships with others. As you allow yourself to be known and loved by others, others will allow themselves to be known and loved by you. Together, you will remind each other that there is a good God who truly loves you just as you are, and he is ready to heal us all.

DRAFT

**APPLICATION:** Commitment to an authentic group is an important part of recovery. Share one concern and one hope with your group if you dared to be authentic.