

ONE ANOTHER

Confess to One Another

WEEK 6

How Did It Go?

Would anyone like to share about how God showed up in the last week?

Read Aloud

Passage for this week: **James 5.7-20.**

Head (15–20 minutes)

OBSERVE THE TEXT AND THE AUTHOR'S MAIN POINTS

- How does James call Christians to respond to suffering?
- Who should we be confessing to?
- What should happen after confession?

Heart (15–20 minutes)

ENVISION HOW THE TEXT—WHEN APPLIED—MIGHT TRANSFORM YOUR INNER LIFE IN TERMS OF YOUR THOUGHTS, ATTITUDES, AND BEHAVIORS

- How can this passage grow patience in suffering? What behaviors does James call us to change or monitor in the midst of suffering?
- How does failing to confess sins impact your well-being?
- How can prayer from someone you confess to impart healing?

Hands (10 minutes)

APPLY THE TEXT BY MOVING FROM INWARD REFLECTION TO OUTWARD ACTION LOOKING FOR WAYS TO LIVE THE TEXT OUT IN OUR LIVES TO SERVE OTHERS

Reaching Upwards: Growing in Your Relationship with God

- Think of anything that you have struggled with that you haven't prayed over with someone else? It could be an area of sin or just frustration. Invite someone to pray over it with you.
- Seek out someone to regularly confess to and pray over sin. Journal changes you experience as you consistently open up about the stumbling blocks in your midst and what encouragement you receive from talking to someone else.

Reaching Outward: Investing in Your Neighbors

- Do you have a neighbor or coworker you feel the need to confess to about something you've done? Perhaps this week is the chance to come forward and seek forgiveness.
- Is there someone alienated by the church you can connect with and hear their grievances? Could you seek forgiveness on behalf of the church and even pray over it?