



Week #3: Sorry

Four simple prayers:

- _____, _____, _____, _____.

Why is it often so hard to say “I’M SORRY”?

- _____, _____, _____, _____.

This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶ If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

⁸ If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:5–9 (ESV)

How we live out confession:

- Remember God is _____. (v. 5)

Pray then like this: “Our Father in heaven, hallowed be your name...”

Matthew 6:9 (ESV)

- Don’t _____ to yourself and continue _____. (vv. 6, 8)

What shall we say, then? Shall we go on sinning so that grace may increase? ² By no means! We are those who have died to sin; how can we live in it any longer?

Romans 6:1–2 (NIV)

- Walk in the light and live in truth to create _____. (v. 7a)

Confess your sins to each other and pray for each other so that you may be healed.

James 5:16 (NLT)

- Regularly _____ and _____ to receive God's _____. (vv. 7b, 9)

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

Proverbs 28:13 (NLT)

¹ *Have mercy on me, O God,
because of your unfailing love.
Because of your great compassion,
blot out the stain of my sins.*

² *Wash me clean from my guilt.
Purify me from my sin.*

³ *For I recognize my rebellion;
it haunts me day and night.*

⁴ *Against you, and you alone, have I sinned;
I have done what is evil in your sight.
You will be proved right in what you say,
and your judgment against me is just.*

⁵ *For I was born a sinner—
yes, from the moment my mother conceived me.*

⁶ *But you desire honesty from the womb,
teaching me wisdom even there.*

⁷ *Purify me from my sins, and I will be clean;
wash me, and I will be whiter than snow.*

⁸ *Oh, give me back my joy again;
you have broken me—
now let me rejoice.*

⁹ *Don't keep looking at my sins.
Remove the stain of my guilt.*

¹⁰ *Create in me a clean heart, O God.
Renew a loyal spirit within me.*

¹¹ *Do not banish me from your presence,
and don't take your Holy Spirit from me.*

Psalms 51:1–11 (NLT)

Discussion questions:

1. Recognizing God's holiness naturally awakens awareness of our own imperfection. What aspect of God's character do you most struggle to believe in right now—his holiness, his faithfulness, his justice, or his love? In what ways has your perception of God, or what you believe about him influenced the way you relate to him in confession?
2. What keeps you from honestly coming before God to confess a specific sin? Are you confessing to God to be forgiven; or are you confessing to him because you are already forgiven?
3. The vision of Psalm 51 goes beyond confession as a means of receiving forgiveness; confession is a means of restoring joy in the Lord. What would restored joy look like for you through confessing a specific sin? How might that influence how you live out confession?

Recommended resources:

[*Spiritual Detox: Discovering the Joy of Liberating Confession*](#), by Howard and Holly Satterthwaite

[*Enduring Friendship: Sticking Together in an Age of Unfriending*](#), by Bryan Lorrits

[*Praying Like Monks. Living Like Fools*](#), by Tyler Staton

[*Help. Thanks. Wow.*](#), by Anne Lamott

(ESV) English Standard Version (NIV) New International Version (NLT) New Living Translation

[FILL COPY]

Week #3: Sorry

Four simple prayers:

- Help, Thanks, Sorry, Wow.

Why is it often so hard to say “I’M SORRY”?

- Pride, Fear, Justification, Shame.

This is the message we have heard from him and proclaim to you, that God is light, and in him is no darkness at all. ⁶ If we say we have fellowship with him while we walk in darkness, we lie and do not practice the truth. ⁷ But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

⁸ If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 John 1:5–9 (ESV)

How we live out confession:

- Remember God is holy. (v. 5)

Pray then like this: “Our Father in heaven, hallowed be your name...”

Matthew 6:9 (ESV)

- Don’t lie to yourself and continue walking in darkness. (vv. 6, 8)

What shall we say, then? Shall we go on sinning so that grace may increase? ² By no means! We are those who have died to sin; how can we live in it any longer?

Romans 6:1–2 (NIV)

- Walk in the light and live in truth to create genuine community. (v. 7a)

Confess your sins to each other and pray for each other so that you may be healed.

James 5:16 (NLT)

- Regularly confess and repent to receive God’s cleansing. (vv. 7b, 9)

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.

Proverbs 28:13 (NLT)

¹ *Have mercy on me, O God,
because of your unfailing love.
Because of your great compassion,
blot out the stain of my sins.*

² *Wash me clean from my guilt.
Purify me from my sin.*

³ *For I recognize my rebellion;
it haunts me day and night.*

⁴ *Against you, and you alone, have I sinned;
I have done what is evil in your sight.
You will be proved right in what you say,
and your judgment against me is just.*

⁵ *For I was born a sinner—
yes, from the moment my mother conceived me.*

⁶ *But you desire honesty from the womb,
teaching me wisdom even there.*

⁷ *Purify me from my sins, and I will be clean;
wash me, and I will be whiter than snow.*

⁸ *Oh, give me back my joy again;
you have broken me—
now let me rejoice.*

⁹ *Don't keep looking at my sins.
Remove the stain of my guilt.*

¹⁰ *Create in me a clean heart, O God.
Renew a loyal spirit within me.*

¹¹ *Do not banish me from your presence,
and don't take your Holy Spirit from me.*

Discussion questions:

1. Recognizing God's holiness naturally awakens awareness of our own imperfection. What aspect of God's character do you most struggle to believe in right now—his holiness, his faithfulness, his justice, or his love? In what ways has your perception of God, or what you believe about him influenced the way you relate to him in confession?
2. What keeps you from honestly coming before God to confess a specific sin? Are you confessing to God to be forgiven; or are you confessing to him because you are already forgiven?
3. The vision of Psalm 51 goes beyond confession as a means of receiving forgiveness; confession is a means of restoring joy in the Lord. What would restored joy look like for you through confessing a specific sin? How might that influence how you live out confession?

Recommended resources:

[*Spiritual Detox: Discovering the Joy of Liberating Confession*](#), by Howard and Holly Satterthwaite

[*Enduring Friendship: Sticking Together in an Age of Unfriending*](#), by Bryan Lorrits

[*Praying Like Monks. Living Like Fools.*](#), by Tyler Staton

[*Help. Thanks. Wow.*](#), by Anne Lamott

(ESV) English Standard Version (NIV) New International Version (NLT) New Living Translation