

Life Group Guide

1 John 1:1-2:2

Leader Equipping: This week we cover the topic of confession. We want to handle confession with care, please listen to this Active Listening training we recorded prior to your life group as a refresher on how to cultivate an environment of care as members in our groups share: [Active Listening Training](#)

Connect: 30-45 mins Connecting.

Consider sharing a meal together, discussing the highs/lows of the week, or any celebrations/hard things that happened last week.

Discuss: 30-45 mins Scripture/Sermon Discussion

Intro Question: Last week our closing challenge was to read through the book of 1 John from start to finish. Did anyone read through the book of 1 John? Anything stand out to you? Observations? Questions?

1. Read this week's passage 1 John 1:1-2:2. Have someone summarize the sermon in 1-2 minutes.
2. What stood out to you from this week's passage or sermon?
3. Think about light, darkness, and fellowship described in 1 John 1:5-10. What keeps us from having deep, authentic fellowship with our fellow Christians? Why do we settle for surface relationships?
4. What attitudes or actions would help us move beyond surface relationships to authentic Christian fellowship? What are some ways that we can practice this as a group this semester?
5. If God already knows our sins, why is confession necessary?
6. What are some reasons we are slow to confess our sins to God? To each other?
7. What lies do we tell ourselves when we avoid confessing our offenses?
8. How does knowing we have Jesus as our advocate and propitiation help us be more vulnerable and courageous to confess our sins to one another?

Practice: 30-45 minutes (Foundational Practice/Experience)

Foundational practice: Experiencing Ongoing Freedom (1 John 1:6-10). We experience ongoing freedom through confession, repentance, and forgiveness. As we walk in the light together, we experience true freedom and fellowship.

As a group, we not only want to discuss what might keep us from confession or why it's good for us, but we want to practice it as a regular rhythm in our life groups. Let's take some time to create space to practice confession to one another.

- Spend a few minutes in prayer quietly in Psalm 139:23-24.
- **Is there anything that came up this week that you want to confess today?** Create space for confession and listening well, caring for one another as we practice walking in the light.
- Read Psalm 32:3-7 to close the time of confession. Spend time in prayer to thank God for the gospel and Jesus who covers our sin.