

# LIFE CHANGING HABITS



## CONFESSION

January 10, 2020 // Tyler Scott, Lead Pastor

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In this new series, Tyler is going to show us how establishing the right habits will help you become the person you most want to be.

In these passages, we see Jesus having a difficult conversation with some of the religious leaders. **READ Matthew 15:8-9** - What is Jesus trying to tell them?

When we claim to honor God while our hearts are far from Him, our actions mean nothing. **READ Matthew 15:11 & 17-20**. The way we are deep down (where no one can see) matters much more to God than our outward appearance.

***The most life-changing habits have to do with your heart.***

**READ Proverbs 4:23** - Why is it so important to guard your heart?

**GUILT - READ Psalm 32:1-5 & Psalm 38:4 & 18** - Why do we feel guilt when we sin? Does guilt bother you, or are you able to stuff it away?

**CONFESSION** - Why do you think it is so important to acknowledge and confess our sin?

## TWO KINDS OF CONFESSION

1. **Confess to God - READ 1 John 1:9 & Psalm 32:1-2** - What are the blessings of confessing our sins to God?

***The purpose of confession is not just guilt relief. The purpose of confession is LIFE CHANGE.***

2. **Confess to Others - READ James 5:16, Numbers 5:6-7 & Mark 1:4-5**. Christ has made it possible for us to go directly to God for forgiveness. So why is confessing our sins to each other still important?

***If we want to stop defeating ourselves, we must stop deceiving ourselves.***

## **HOW DO I CONFESS?**

Tyler shared some Inventory Questions. Did any of them stand out to you? Discuss.

### **DISCUSSION QUESTIONS:**

1. From your observations or experience, how can unresolved guilt affect people?
2. Do you lean more toward denying guilt or being defined by it? Why?
3. What are some of the biggest benefits to the habit of confession?
4. Is someone waiting for you to make amends? What step will you take this week to follow through?

### **CHALLENGE—Pray Psalm 139: 23-24, then...**

1. Take a personal inventory.
2. Accept God's forgiveness.
3. Admit my faults to others.
4. Make amends if possible.

**COMMIT TO MEMORY**—*“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective”.* James 5:16

Here is a list of some of the other scriptures from today's message.

Romans 3:23-24

Matthew 5:23-24

Isaiah 58:5-6 (NLT)