

**Quick Review**

Look back from your sermon notes – Was there anything that particularly challenged you from this sermon? Anything you didn't understand, agree with or connect with?

**Introduction**

Have you ever thought about the differences between the word “repentance” and “confession?” A lot of times we think they are the same thing, but there are differences. What are those differences? Have you seen either of those happen in your own life? What were some examples you remember?

**Digging In**

**Question 1: Read 2 Samuel 12:1-13.** The first principle talked about was the idea of confession. Confession is seeing our sin and admitting our wrongdoing to the Lord. In **verse 12**, Nathan tells David that he committed his sin “in secret.” The principle to confession is understanding that “all secret sin is seen by God.” What are the reasons you don't confess your sin? Pastor Jeff gave several reasons why we don't confess our sin.

1. We are dumb (ignorant)
2. We are desensitized
3. We are deceived
4. We are too busy disguising it

Which of these align with you as to why you don't confess your sin?

**Question 2: Read Colossians 2:13-15.** Pastor Jeff brought up the principle about confession that should catch our attention. All sin is “covered up” one way or another. It's either covered up by you, or it's covered by the blood of Jesus. **Numbers 32:23** gives us the idea of that in any attempt to cover up your sin will be a futile task because “your sin will find you out.” How have you attempted in your own life to cover up your sin and it eventually comes to light? Why does confessing our sin to Jesus matter? What does it say happens when we confess our sin to Christ?

**Question 3: Read 2 Samuel 2:13-14.** Pastor Jeff talked about the principle about sin that is confessed to Christ will be forgiven and that sin is removed from you. How do the consequences of sin sometimes remain present? How have you seen this in your own life? Have you experienced consequences of sin even after you've repented of it and confessed it?

**Question 4:** Look at these practical ways of practicing repentance and confession. Evaluate your own heart and ask the Lord to help you identify what your spiritual practice will be this week.

1. Be aware of the problem of sin
  - God the Judge vs. God the Physician
2. Spend time daily in the Word of God
  - James 1:22-25
3. Invite the HS to search your heart
  - Psalm 139:23-24
4. Establish biblical accountability in your life
  - 1 Thessalonians 5:14
5. Pray repentance and confession prayers daily
  - Psalm 32 & 51

### Praise / Prayer Requests

Pray for your group with these things in mind:

**Adoration** – How can I praise God for what this teaches me?

**Confession** – What sin can I confess because of what this teaches me?

**Thanksgiving** – How can I thank God for what Jesus has done?

**Supplication** – What do I need to ask of God in order to grow in light of this?

## The Holy Habits of Repentance & Confession

### Repentance

- a change of mind that leads to a change of direction
- a 180 degree turn in the opposite direction

Mark 1:15

"The time has come," he said. "The kingdom of God has come near. **Repent and believe** the good news!"

## The Holy Habits of Repentance & Confession

### Confession

- to admit / to agree / to say the same thing
- I am acknowledging my sin, admitting it to God, and agreeing that it is wrong.

2 Samuel 12

## 4 truths about our sin (2 Samuel 12)

1. All “secret” sins are seen by God

- Hebrews 4:13

### 4 reasons we don't confess our sin to God

2. We are dumb (ignorant)
3. We are desensitized
4. We are deceived
5. We are too busy disguising it

**holy**  
HABITS

## 4 truths about our sin (2 Samuel 12)

1. All “secret” sins are seen by God
2. All sin is “covered up” one way or the other
3. All sin truthfully confessed will be faithfully forgiven
4. All cleansed sin is permanently removed,  
but the consequence of sin may temporarily remain

**holy**  
HABITS

## How to practice repentance and confession

1. Be aware of the problem of sin
2. Spend time daily in the Word of God
3. Invite the HS to search your heart
4. Establish biblical accountability in your life
5. Pray repentance and confession prayers daily
  - Psalm 32 & 51