

# TO BE HONEST...I NEED TO GET SOMETHING OFF MY CHEST.

February 5, 2023

## MESSAGE RECAP

This weekend we dove into being honest about the sin that can weigh heavy in our lives. We read the story of Jacob and Esau and how a sin can creep in causing destruction to those we should love the most. We also heard from two men in our church, David Dultmeier and Gary Tenpenny. Both of these men, were honest about their stories and how God has given them freedom over sin. Today, lets talk about how we can be honest with our sin and respond with confession and repentance.

## GROUP DISCUSSION

1. How are you...really?
2. After listening to the message, what stood out to you?
3. Is confession important? Why or why not?
4. On Sunday, we heard from two men who came clean about their struggles. What did you learn from their story, their dealing with sin, and their confession?
5. Read **1 John 1:9** aloud for the group. What is one thing that you need to get off your chest? What has weighed heavily in your life? What are you willing to come clean about and confess before the Lord?
6. In light of God's grace, we are all called to repentance. What does this require of you and how you deal with the sinful patterns in your life?
7. Pray that the Lord would show His mercy in the midst of our sinfulness. That He would hear our repentance and answer us with grace and truth.