# Sunday 12th January – Connect Group Notes

## Confession – Good for the Soul!

**1 John 1:1 -2:2**

**1. We looked at these verses in 1 John 1 - 2 , which do you find the most helpful/ powerful?**

a) “the blood of Jesus purifies (washes) us from all sin”. 1 Jn 1:7 b)” if we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” 1 Jn 1:9

c) “we have an advocate with the Father - Jesus Christ the Righteous One” 1 Jn 2:1

d) “He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world”. 1 Jn 2:2

**2 a) “The instinctive human response to sin is hiding.”**

Tyler Staton Why do you think this is? What can we do about it?

b). Has anyone helped you to face and confess sin? Would you seek the help of a trusted Christian friend if you were struggling with some questionable thoughts or actions?

**3. Tyler Staton writes “Spiritual maturity means more confession not less. Maturity is discovering the depths of my brand of fallenness and the depths to which God’s grace has really penetrated even without my knowing it. “How can we help each other to this maturity?**

**4. “The pathway to spiritual maturity is a descent not an ascent. A maturing community is a confessing community - not a church without sin, but a church without secrets.”**

Is this analysis helpful? What does it mean to us practically?

**5. Why does not confessing our own sins prevent us from drawing closer to God and each other?**

**6. Share any ways that you find helpful in confessing your sins and drawing you closer to God. Share any verses that are your “go to” to draw you back into the light.**