



PRAYER FOR NORMAL PEOPLE: INWARD PRAYER

Sermon Notes

Text: Psalm 51:1-12

Intro:

Confession is difficult for us because we often feel like no one else is struggling.

Psalm 51:1-12

1. Confession begins with who God is

Romans 5:8

““It doesn’t matter what you have done, or thought of doing; what you’ve been or who you’ve been there with—there is more grace in God than sin in you.”” ~Pete Greig

2. Confession means taking responsibility for our sins

Matthew 7:3

3. Confession means seeking to change

James 4:8-10

4. Confession brings healing

1 John 1:9

James 5:16

Closing:

Following the Way of Jesus with the practice of confession will make you more like him.

Life Group Discussion

Warm up:

1. What is your worst/funniest laundry related accident?

Study & Discussion:

1. What resonated with you from the sermon? What challenged or surprised you?
2. Read Psalm 51:1-12. What verse or phrase stands out most to you? What makes it stand out? Can you relate to David's cry for the Lord to "Create in me a pure heart?" What about his seeming fear, "Do not cast me from your presence or take your Holy Spirit from me?" (For the full background narrative you can read 2 Samuel 11-12 on your own time).
3. Read James 5:13-16. When you think of confession what image or ideas come to mind? Have you ever confessed your sins to anyone other than God? What criteria should be used to determine if someone is an appropriate choice to confess to?
4. Read Matthew 6:9-13. What do you notice about verse 12 that is different from any of the other aspects of Jesus' prayer? Read Matthew 5:22-23. Jesus takes it for granted that if we are asking forgiveness from God the Father that we are not holding a grudge against anyone else. When we ask for forgiveness, we need to ensure that we have forgiven others. Are there any people that you need to forgive?

Take some time to prayerfully consider and then either pray together as a group or individually before moving on to other prayer needs.

Practicing the Way of Jesus: Confession - The Prayer of Examen

Take a few minutes before bed this week to practice the Prayer of Examen.

1. Replay - What happened today?
2. Rejoice - Where did I feel grace today? Where was God particularly present?
3. Repent - Where did I sin today? Ask for and receive the Lord's forgiveness.
4. Resolve - To live differently tomorrow, if need be. And sleep with gratitude.

The Examen can take five minutes or one hour. If you do it once - it will be useful - if you do it every day, it can bring transformation.

Be careful (as with any prayer tool) that it doesn't become simply another duty.