

## Apprentice Group Meeting Guide – Confession (Step #5)

### **BEFORE YOU BEGIN – “Are We All Ready?”**

*Last week, you made a commitment to finish your inventories before this meeting. If you have not finished your inventories, admit this to your group. Ask them if they will wait for 30 minutes so you can finish now. The homework pages are in the Step 4 meeting guide.*

#### **[Optional] “How are we all doing?” - High, Low & Buffalo\***

*\*Depending on the group, you may just want to start the discussion! In that case, feel free to skip this, or do it at the end.*

**“Before we share...” – Do we all commit to:**

1. **Share Honestly.** *Remember - we want to walk in freedom! That might require taking a risk.*
2. **Share Wisely.** *Share to your level of trust in the group. The group might not be the best place to share everything you have written down.*
3. **Share Somewhere.** *Sharing with a trusted friend, a mentor, a pastor, the prayer team, or a counsellor might be a better place to share certain things.<sup>1</sup>*
4. **Hold Healthy Confidentiality.** *Confidentiality builds trust but can also bring harm. We commit to holding confidentiality unless doing so will cause harm:<sup>2</sup>*
  - If there is any indication that a vulnerable person (a child, a youth, someone with limited mental ability, or an elderly person) is at risk of abuse or neglect
  - If someone intends to harm themselves through suicide
  - If someone intends to harm another person

**“Do we commit to these four things?” – Take a moment to confirm agreement.**

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<sup>1</sup> See [nlcc.ca/sermon-study-guides/freedom](http://nlcc.ca/sermon-study-guides/freedom) for a list of resources, including counselors, for this step

<sup>2</sup> See [nlcc.ca/sermon-study-guides/freedom](http://nlcc.ca/sermon-study-guides/freedom) for a document on what to do in this instance. You can also reach out to a pastor at your campus if you need help navigating this:

**Walnut Grove** - Rodrigo Justino [rodrigoj@nlcc.ca](mailto:rodrigoj@nlcc.ca)

**Yorkson** – Jeff Renaud [jeffr@nlcc.ca](mailto:jeffr@nlcc.ca)

**Aldergrove** – Kevin Schultz [kevins@nlcc.ca](mailto:kevins@nlcc.ca)

**“Shall we dive in?” (Scripture)** – *Read Psalm 139:23-24 out loud. Take a few seconds to reflect in silence, then read it again.*

**“Let’s take a moment.” (Silence)** – *Take a few minutes to “tune” your heart towards Jesus.*

**“Who would like to go first?” (Share One at a Time – Set a Timer for 15-20 Minutes)**

*Respond to each question. Everyone else listens. Group may ask questions but should not offer any counseling or advice.*

1. Read your personal inventories out loud. Don’t explain, don’t give back stories, and don’t justify anything. Simply read what you wrote. Pause for a few seconds between each thing you share.
2. Is there anything you need to share but this isn’t the right context? If so, share that with the group:
  - “There are things I need to confess that I didn’t share today. I will share them with \_(name)\_ at \_(day & time)\_.”
3. Take a moment to consider: is there anything else you’d like to share? If so, feel free to share:
  - “Something else that comes to mind right now is....”
4. **Group response:** Have someone else in the group lead you through this next part:
  - Ask the person who just shared: *What do you think Jesus wants you to know right now?*
  - Then read over them: “(NAME), you are chosen, holy, and dearly loved. You have confessed your sin, and because God is faithful and just, he has washed you clean through the blood of Jesus, His son.”<sup>3</sup>

**“Thanks for sharing \_\_\_\_\_. Let’s pray for you.” (Prayer)**

**“Alright, who’s next?” (Everyone Takes a Turn Sharing and Being Prayed For)**

**Final question for the group:** You may have felt nervous as you prepared, anxious while you read your inventory to your group, and now might feel vulnerable or exposed. *What’s something fun, encouraging, or restorative each of us can do today?*

**“Thanks everyone! Same time next week?” (Confirm Next Meeting & Wrap it Up)**

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<sup>3</sup> Paraphrased from Colossians 3:12 and 1 John 1:7, 9