



“Confession + Worship” (Onward Series - Ep. III)

According to author Richard Foster there are three categories of Christian disciplines.

They are: _____, _____, and _____

Why do we need corporate disciplines?

It's impossible to work on your spiritual life by yourself.

“Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.” **1 Corinthians 12:12**

They are communal acts that shape us together as the _____ of Christ.

The Discipline of Confession:

“Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.” **James 5:16**

Confession to GOD brings _____.

But confession to each other brings _____.

Healing happens when sin is _____ into the light.

“We put no confidence in the flesh.” **Philippians 3:3b**

What you hide, cannot **heal**.

The two people you need in your life for healthy confession:

Peer: Someone on your level

Parent: A father or mother type person

“Even if you had ten thousand guardians in Christ, you do not have many fathers, for in Christ Jesus I became your father through the gospel.”

1 Corinthians 4:15

Your job is to confess your _____ to them.

Their job is to confess your _____ to you.

_____ is a non-negotiable.

“Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body.” **Ephesians 4:25**

The Discipline of Worship:

“But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.” **1 Peter 2:9**

Biblically, worship is _____.

“He said to his servants, 'Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you.'”

Genesis 22:5

“Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.” **Romans 12:1**

Three things that worship requires:

1. Our _____

“And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.” **Hebrews 10:25**

2. Our _____

3. Our _____

“For where your treasure is, there your heart will be also.” **Matthew 6:21**

Confession + Worship Cycle:

Confession removes what blocks worship. And worship realigns our hearts for confession.

“Then you will know the truth, and the truth will set you free.” **John 8:32**

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Trust is a non-negotiable.

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"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light." **1 Peter 2:9**

Biblically, worship is sacrifice.

"He said to his servants, 'Stay here with the donkey while I and the boy go over there. We will worship and then we will come back to you.'" **Genesis 22:5**

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1. Our Time

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching." **Hebrews 10:25**

2. Our Talent

3. Our Tithe

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