
Six Steps to Spiritual Freedom – 6 Part Series

Confession

Secrets can make us sick – but bringing secrets to the light brings freedom. Often, it is easier for us to confess the *fruit* than to confess the *root*, or underlying character issue. If you find yourself making the same confessions over and over, then you need to get to the root of the problem. You can only heal to the extent that you confess; being open with reality and the truth is the only way to operate successfully in life. Confession realigns us with reality; and although it is hard and can be risky, it is worth it for all the good it brings. Dr. Townsend discusses the difference between a “perfect” life and a “redeemed” life, and outlines some ways we can improve our skills in the area of confession.

Small group discussion questions:

1) What do you need to confess?

2) What are the reasons you avoid confession? What are your fears?

3) What ingredients do you need to add in order to make your confession?