



GROUPS DISCUSSION GUIDE

WEEK Feb 13 – 19

MAIN IDEA

As Christians we will find freedom if we are willing to take responsibility.

CHECK IN (HIGHS & LOWS) 15 min

A great, quick way to catch the highlights of what is happening in the lives of the people in your group is to take turns quickly sharing the “highs & lows” of your week. High: What was the highlight of your week? Low: What was the low point of your week?

SETTLE IN (ICE BREAKER) 10 min

1. Most people find themselves leaning in one of two directions: overly critical of themselves or defensive. Some people are swirling in the awareness of their shortcomings, while others feel defensive if someone brings up a shortcoming. If you're honest, do you tend to lean toward one of these characteristics? Explain.

DIG IN (UNDERSTANDING) 15 min

1. Read Nehemiah 9:1-3, 16-18, 26, 33. There was a lot of blame to pass around, but the Israelites owned their mistakes and the mistakes of their ancestors. What were some of the things they owned up to?
2. We live in an autonomous society that doesn't like to take responsibility for other people's mistakes. What did it benefit the Israelites to own the mistakes of their ancestors?

3. What did they proclaim about God's character in light of their mistakes?
4. How does remembering God's character in the face of our mistakes affect us? How have you seen that impact you in your faith journey?
5. Read 1 John 1:9 and Romans 2:4. How do the New Testament authors correlate God's character with confession and repentance?
6. There are two steps we practice as Christians in order to own up to sin: confession and repentance. Confession is admitting where I've fallen short or where I need help. Repentance is turning away from that sin and walking in a new direction. How do you feel about these practices in your own life? What are the barriers you face in practicing them?
7. What does life look like when confession and repentance are being practiced? What does life look like when they aren't being practiced?
8. How can we make this community a safe place to practice confession and repentance together?

GEAR UP (APPLICATION) 20 min

1. If you've been through Rooted, you've experienced the power of confession in breaking strongholds. When was the last time you've practiced confession in community?
2. How often do you think it would be healthy to practice the rhythm of confession? What can you set up to carry through with that?

STEP UP (HOMEWORK) 5 min

1. Schedule your next Soul Check-Up meeting as a group soon. It's good for our bodies to go to the doctor and get answers for our ailments. It's good for our souls to draw near to the Great Physician and share our sins plaguing us.