

NAME: _____ DATE: _____

Open Share Small Group Discussion Worksheet

Confess

...to admit to acknowledge a fault, crime or debt

Step 5: We admitted to God, to ourselves and another human being the exact nature of our wrongs.

"Therefore confess your sins to each other and pray for each other so that you may be healed."
James 5:16

Principle 4: Openly examine and confess my faults to myself, to God, and to someone I trust.

"Happy are the pure in heart" Matthew 5:8

Note to the Newcomer: Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:
1. Make a commitment to attend the large group and small group time regularly **2.** Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team. **3.** Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible. **4.** Set a personal goal to become involved in a step study group.

Acrostic for CONFESS: (further studying on the following acrostic may be found in the CR Participant's Guide #3)
Confess your shortcomings, resentments and sins - God wants us to come clean/
Obey God's directions by confessing our sins to Him and another person whom we trust.
No more guilt - This step helps to restore confidence in our relationships.
Face the truth - Recovery requires honesty!
Ease the pain - We are only as sick as our secrets!
Stop the blame - Our secrets isolate us from each other.
Start accepting God's forgiveness then we'll understand ourselves and our past actions in a new light.

LARGE GROUP REFLECTION:

Did the lesson or speaker shed some light on the area of confession?
The Lesson or Speaker's Testimony brought up the following feelings _____.

OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. How has shifting the blame to others kept from growing?
2. What does accepting God's forgiveness feel like?
3. Is there anything keeping me awake at night? What?
4. What does it feel like sharing my inventory with someone else?
5. In what way has admitting my wrongs helped me accept my past?
6. How does confession bring me closer to God and others?
7. What difficulties do I have sharing my life with someone else?
8. What are the positives of one person knowing everything about me?

Celebrate Recovery ®

SMALL GROUP PRAYER REQUESTS:

(please pray for your small group during the week - use your phone list and make some calls)

NAME **PRAYER REQUEST**

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PRAYER: Dear God, sharing myself with another human being is difficult but necessary in the recovery process. Stand by me as I learn more about myself and my sponsor. Give us the wisdom to learn everything from confession that you want us to. Help me make my paths straight. In Jesus name I pray. AMEN.

Verses to Study: Romans 14:11-12 James 5:16 Romans 8:1
 John 8:12 John 8:32 Matthew 7:3

RECOVERY THERMOMETER:

- Do I give encouraging words to the leader of my small group?
- Am I using the tools that have been suggested to me?
- How long has it been since I've done something nice for someone *in secret*?
- Am I growing closer to the people in my small group?

MY PERSONAL RECOVERY GOAL FOR THIS WEEK:

ANY REMINDERS FOR NEXT WEEK?