

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## Open Share Small Group Discussion Worksheet

# Admit

...to acknowledge; concede

**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.

### WHY SHOULD I ADMIT MY WRONGS TO SOMEONE I TRUST?

**1. We gain healing that the Bible promises.**

Look at James 5:16 again. God's Word tells us that we are to admit our wrongs, our sins, to *one another*. You do this not to receive their forgiveness, for God already forgave you when you confessed your wrongs and sins to Him. James 5:16 says to confess you sins to one another for *healing*.

Sharing our secrets, struggles, and failures with another is part of God's plan of our healing process. The road to recovery is not meant to be walked alone.

**2. We gain freedom.**

Our secrets have kept us in chains, bound up, frozen, and unable to move in all our relationships. Admitting our sins *snaps* the chains.

*"They cried out to the Lord in their troubles, and he rescued them! He led them from the darkness and the shadow of death and snapped their chains"* Psalm 107:13-14.

**3. We gain support.**

When you share your inventory with another person, you get support. The person can keep you focused and provide feedback. He or she can challenge you when denial surfaces. Most important, the person will listen!

*(further information can be found on this topic in CR Participant Guide #3)*

### **LARGE GROUP REFLECTION:**

What was the best part of the Lesson or Speaker's Testimony?

The Lesson or Speaker's Testimony was timely for me because \_\_\_\_\_.

### **OPEN SHARE SMALL GROUP DISCUSSION STARTERS:**

1. Which of my weaknesses cause me to feel fear or embarrassment when I think of sharing it?
2. What area of my life do I still need prayer on before I share it with someone else?
3. Is another person's viewpoint important to me? How long have I felt that way?
4. Which step am I stuck on? Why?
5. Have I chosen someone to share my fifth step with? If not, why?
6. Why is it important for me to share my secrets with someone of the same sex?

