

## **Life Group Session 3 Discussion 4**

### **Mental Exhale**

#### **Cross Culture Church**

**Goal:** Now that you have introduced spiritual disciplines to help encourage an ongoing relationship with Jesus that leads to transformation, and you have given examples of seeing life as a seminar to become like Jesus, it's time to learn what it means to start to live a great neighbor life/missional life. This week we focus on checking in. Reminding each other we are not alone.

#### **Connect:**

- 1) Does anyone have a BUT Story from the previous week..
- 2) Your 5- Ask if everyone has written down 5 people they are praying for who don't know Jesus. If not they can pick up their cards at church on Sunday mornings.
- 3) Today will be a longer discussion time so we will skip the ice breaker.

Living the missional life doesn't mean perfection and it's not meant to be lived out alone. This week as we focus on living the missional life we cannot lose sight of the spiritual disciplines in our life. It's time to practice the discipline of confession. If you haven't learned about this discipline your leader can do a brief description on it. Emphasis is on grace should fuel confession in our life not shame.

#### **Read**

**16 Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.**  
**James 5:16, ESV**

People often forget that the bible was for people living on missional life. So all the good, the bad and the ugly was written in response to people living the missional life. For some reason James had to urge the first century followers toward confession.

#### **Discussion**

**Why confession?**

**Why is it counter-cultural?**

**Why to one another?**

**What is the promised result of confession?**

**Why do you think prayer is added here at the end of confession?**

**How does practicing confession to one another help the missional life?**

**Share:**

This week let's practice confession by going around and sharing your Rose(Something good going on in life), Thorn(Something that has been hard and not good), and Leaf(Something funny). Think about the past year when answering these questions. Vulnerability leads to healing so push yourself to share openly. Take time for each person to share. 5-10 minutes each. Keep track and listen well.

**Action Steps:**

**Pray for one another at life group and beyond life group:** Pray for the person on your left based on what you heard during the Rose, Thorn and Leaf confession practice. Write it down and commit to praying for that person for the next two weeks and do a check in through text. **Life group leader finishes the prayer time asking God to turn our confession into healing and testimony.**

**See, Listen and Share: The missional life continues...** This week look for areas where God might be working in someone's life that might be similar to your before God story and take time to tell them the, "But God," part and see what happens.