



Week 4

Connect (15 minutes)

- Share **ONE** encouraging thing that happened this week.

SOUL CARE PRINCIPLE #2 – REPENTANCE (45 minutes)

○ Soul Alignment

- What is your response to these words, “You are only as sick as the secrets that you keep.’ If you are going to walk free, you must not walk in secrecy. It is a powerful thing to be open and honest. There is no healing where there is pretending” (pg. 76)?
- “A soul in alignment is a soul without secrets. We cannot walk free if we will not repent from sin and bring it into the light with God and others” (pg. 78).

○ Owning Up

- Share **ONE** thing that stood out to you from pages 82-89.
- “The enemy of our souls makes honesty terrifying and secrets appealing, but only as we walk in the light with God and others can we truly get free” (pg. 85)
- What makes keeping our sin secret so appealing?

○ Cultivating Godly Sorrow

- 1. Ask God for a broken and contrite heart.
- 2. Stand in the light with God and others.
- 3. Own your part. (100% of your 10%)
- What can stand in the way when it comes to YOU owning your part?
- VIDEO – “Stand in the Light with God and Others”.
- What stood out to you from this video?

○ Stuck in Shame

- “Even as you cultivate Godly sorrow and work toward repentance, you may find yourself stuck and confessing a sin more than once. You may have committed it once a long time ago, but you keep confessing... Your spirit is free, forgiven, purged. But often your soul is still clouded with guilt, shame, and condemnation” (pg. 90).
- How do you feel when Holy Spirit convicts you? How does that compare to how you feel when experiencing condemnation?

○ Revelation of the Spirit

- “If someone confesses a past sin and they say, ‘I’ve never told anyone this before.’ Immediately I know I am dealing with shame. Or if they say to me, ‘I’ve confessed this to God hundreds of times.’ I know what I am dealing with is not unconfessed sin, but shame” (pg. 92).
- **We need *revelation* from the Spirit for forgiveness to move from our head to our heart.**
- **Let’s remember this** - “Too often when we are praying with someone or ministering to someone, we shut down the work of the Spirit by patting them and telling them, ‘It’s OK’ because we are uncomfortable with the emotional display. Let the Spirit access the heart and bring release” (pg. 95).

Spiritual Action Steps (60 minutes)

- **Let’s walk through the questions at the end of the chapter and share our responses.**
REMINDER – Your role is to listen, ask clarifying questions if needed and pray for one another. Our role is NOT to fix them or counsel them or dismiss any uncomfortable emotions!
- **1. Spend some time journaling. Is there any unconfessed sin in your life? Ask the Lord: “Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting” (Psalm 139:23,24).**
- **2. Are there any areas in your life where you have confessed your sin but don’t feel the release of forgiveness? Have you confessed those sins to others as well?**
- **3. Where do you see worldly sorrow in your life instead of Godly sorrow?**
- **4. Are you willing to do a total life confession with another? Will you bring all of your secrets into the light so you can get free? If so, make a resolve to do so, and set a time to get together with another willing fellow sojourner.**

Pray together

For Next Week:

- **Read Soul Care Principle # 3 OVERCOMING FAMILY SIN PATTERNS (99- 121)**
- **Create a genogram of your family sin patterns to share. Think about your family history (parents, grandparents, siblings) and identify any specific sin patterns. Create a family tree and next to each person write sin patterns that were evident in their story (addiction, pride, control, sexual addiction, etc.)**
- **Be sure that you make time to process through the Spiritual Action Steps at the end of the chapter.**