

Confession & Vulnerability

Goal: The goal of this study is to help us see that confession isn't just something between me and God alone but that it is also to be done in the context of community. Confession requires vulnerability – with God and with each other. It can be a scary thing but it leads to so much healing and freedom!

Openers: (1-2)

- “What is your response when you hear the word “vulnerable” ? Do you like it - why or why not?
- Share about a time you were vulnerable with a friend and talked with them about something you were ashamed or afraid to tell them – what was their response?

Scripture:

2 Samuel 11-12:25 David and Nathan

Read 2 Samuel 11-12:25 out loud together.

Digging Deeper: (6-8 total)

Observations

- What sins did David commit and how did he try to cover them up?
- Who are the 3 main characters involved in chapter 12? (**God, Nathan, & David**)
- How did David become aware of his sin?
- How did David respond to Nathan? to God?

Interpretations

- David responded to Nathan and the Lord with confessing his sin – “I have sinned against the Lord” (12:13). What are other ways he **could** have responded?
- What does this story tell you about David's relationship with God?
- Why was Nathan an important part of David's confession process?

Applications

- What makes you afraid to be vulnerable, to confess things to God and to each other?
- End your evening by taking some time for individual, personal reflection. Give each person in Core a copy of page 3 of this help. It is a guide for prayer and reflection based on Psalm 51 – a powerful prayer that David prayed following his interaction with Nathan and His confession of sin.

Corefas, take some time in your 1:1's this week to share about your reflection & confession time. What did the Lord show you during this time, what things did you confess, and pray for each other. Lead the way because vulnerability always invites others to be vulnerable.

In this time of prayer and reflection, use David's prayer in Psalm 51 as your own prayer to the Lord. Go through this guide, praying David's words and pausing to listen, journal, and reflect when prompted.

Psalm 51:1-17

Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions, wash away all my iniquity and cleanse me from my sin.

Take a few moments to pause here to ask the Lord to bring to mind any sin that He wants you to confess. Listen and write down anything that comes to mind. Trust that He is with you, that He is a speaking God, and wants you to be free from sin, shame, and guilt. If nothing comes to mind, that's ok, you can still keep moving through this psalm in prayer.

For I know my transgressions, and my sin is always before me. Against you, you only have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.

Take a few moments to confess the sin(s) you wrote down back to God and ask Him for His forgiveness.

Surely I was sinful at birth, sinful from the time my mother conceived me. Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place. Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. Let me hear joy and gladness; let the bones you have crushed rejoice. Hide your face from my sins and blot out all my iniquity. Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Ask the Lord to show you some practical ways to help you avoid sinning in these ways in the future.

Then I will teach transgressors your ways, so that sinners will turn back to you. Deliver me from the guilt of bloodshed, O God, you who are God my Savior, and my tongue will sing of your

righteousness. Open my lips, Lord, and my mouth will declare your praise. You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.”

Spend your last bit of time praising the Lord for who He is and for His forgiveness that He so generously gives. You might not feel different and that's ok. Believe, by faith, that the sin(s) He brought to mind have been forgiven. He is faithful and just to forgive us our sin when we confess them to Him. (1 John 1:9)

Write down the name of one person you will share your confession with this week:

Before you go to bed tonight, call, text, or send a facebook message to your friend. Ask for some time to get together so you can share what the Lord showed you during this time with them.