

Introduction

Today we are examining the 5th step in the AA program. *"We admitted to God, to ourselves, and to another human being the exact nature of our wrongs."* We will be breaking this into two sections. This week we will explore admitting to God and ourselves the exact nature of our wrongs. Next week we will tackle admitting our transgressions to another human being.

1. Why do you think people love to hear a good confession?
2. Why do you think it's so hard for us to confess our own sins, failures and wrongs?

A) **Read: Luke 15:17-19**

1. Describe what takes place in verse 18.
2. What admission does the young son make to his father?
3. Who are the two parties that have been wronged here?
4. In what way did he "sin against heaven" and "sin against his father"?
5. Why was it not enough that he just came home?

B) **Read: Romans 10:9**

1. What two things are we told to do in this verse?
2. Why do you think it was not enough for the apostle Paul to just say "believe in your heart"? Why does he say we must declare or 'confess' with our mouth?

C) **Read: Romans 3:10; Romans 3:23; Ecclesiastes 7:20**

1. See if you can find a similar reference in Psalm 14 and Psalm 53:10.
2. What declaration does God make about us?

- D) Discuss this statement, from Sunday's message. What do you think it means?

"A CONFESSION IS A DECLARATION OF REALITY THAT INITIATE'S RENEWAL"

- E) In AA Step Five we are instructed to admit to God, to ourselves, (and to another human being) the **exact** nature of our wrongs. Why do you think that a detailed confession of our transgressions is so critical to our freedom? (See Romans 6:23)

- F) Here are some statements from Sunday's message. Discuss them. Do you agree or disagree and why? What has been your experience in this area?

"WHAT YOU KEEP INSIDE, KILLS... WHAT YOU REVEAL, RENEWS"

"WHAT YOU HIDE, HURTS... WHAT YOU HAND OVER, HEALS"

COMMENT: When we say we are admitting to God and ourselves the exact nature of our wrongs we are talking about asking forgiveness for what we have done.

G) **Read John 14:5-11**

1. What is Thomas misunderstanding here?
2. Who does Jesus claim to be?
3. What does he say about himself and the Father?
4. If I want to come to God, how does Jesus tell me to do that?

H) **Read: Hebrews 7:23-26**

1. How is Jesus described in these verses? What 'office' is he given?
2. In verse 25, how are we told to come to God?
3. Why is Jesus able to meet our need for forgiveness in verse 26?

I) **Based on our study**

1. Who do you think the "God" of step five really is?
2. When we are ready to *admit the exact nature of our wrongs*, who should we be talking to?
3. Why do you think it is important to admit the EXACT nature of our wrongs to Jesus, not just a blanket 'catch all' statement?
4. How does it make you feel to consider being specific with Christ about your sins and failures? Does it frighten you, free you?
5. In what way does being specific or exact help you admit your wrongs not only to Christ but to yourself?
6. Why do you feel it is important to be honest with yourself?

TO THINK ABOUT: Are you ready for the first part of step five, or is there still something holding you back? If you are not ready what is holding you back?

PRAYER: TAKE A MOMENT TO PRAY IN YOUR GROUP TO THANK GOD FOR THE OPENING OF THE NEW CHURCH BUILDING. PRAISE GOD FOR THE MIRACLES THAT HE IS DOING TO HELP REACH SUDBURY AND NORTHERN ONTARIO FOR CHRIST

FOR PERSONAL REFLECTION THIS WEEK

Here is a list of sins and transgressions (wrongs). Read them over and see which ones apply to your life. Are you prepared to ask Christ for His specific forgiveness in these areas? If so, talk to him out loud, confess with your mouth and receive forgiveness and freedom and deliverance this week.

IDOLATRY (something that takes precedence over our love for the Lord)
Matthew 6:24

PRIDE (elevation of self rather than dependence on God)
Luke 18:14

UNFORGIVENESS (unwilling to forgive causing bitterness)
Matthew 6:14-15

GREED and COVETING (Excessive interest in acquiring things or money)
Luke 12:15

ANXIETY and FEAR (distrusting God about present and future issues)
Matthew 6:31-34

SEXUAL LUST (not being focused on things that are pure)
Matthew 5:28

SELFISHNESS (not being sensitive and responding to the needs of others)
Philippians 2:3

ENVY (desiring what others have, cars, clothes, houses, lifestyle etc.)
Galatians 5:26

DECEIT (deliberately deceiving others for your own benefit)
John 8:44

MALICE (harbouring ill will towards others hoping for their harm)
Titus 3:3

PARTIALITY (preferred treatment based on wealth, gender, race social standing)
James 2:2-4