

Step Into the Light | Week 4

Guilt says, "I owe you." It's the weight we carry when we've done something wrong, and if we hold onto it long enough, it can crush us. But Jesus offers a path to freedom: face the truth, confess to God, and confess to someone you trust. This week, we'll explore how confession breaks the power of guilt and sets us free to experience the rest God intends for us.

Conversation Starters (10 minutes)

- What is the group's plan for the summer? (*Remember, regular attendance reminders and group notes will pause for the summer. If your group continues to meet, you can use the series resource for our upcoming series, You'll Be Dead Soon. You'll find it in the Sun Valley app in the same place you find group notes!*)
- When have you experienced the relief of confessing something you'd been carrying?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

- Prepare to watch the video by opening your Bible to [James 5:16](#).

Group Discussion (45 minutes)

Starter Question from the Video:

1. What is a lie that you tend to believe?

Scripture Observation:

2. Read [Matthew 6:12](#). Jesus teaches us to pray, "Forgive us our debts, as we also have forgiven our debtors." What does this reveal about the connection between receiving forgiveness and giving forgiveness?

Scripture Interpretation/Discussion:

3. Read [John 8:31-32](#). Jesus says, "You will know the truth, and the truth will set you free." Why is facing the truth the first step to breaking free from guilt?
4. Read [Psalm 32:3-5](#). How does David describe what happened when he refused to confess his sin? What changed when he finally confessed?
5. Read [James 5:16](#). Why does James say we should confess our sins to each other? What role does community play in our healing?

Personal Application:

6. This past weekend, we learned three steps to letting go of guilt: face the truth, confess to God, and confess to someone you trust. Which of these steps is hardest for you, and why?

7. Is there something you need to confess to God or to someone you trust? What's holding you back from taking that step?

8. Consider taking some time now to confess to and pray for each other, as a whole group or in smaller groups of two or three.

Prayer (5 minutes)

"Father, thank You that confession breaks the power of guilt in our lives. Help us to face the truth, confess to You, and confess to someone we trust. Thank You that when we bring our sins into the light, You forgive us and set us free. Give us courage to take the next step toward freedom. In Jesus' name, Amen."

For Further Exploration

- Practice daily confession as part of your prayer time this week
- Identify one trusted person you can confess to and reach out to them
- Memorize Psalm 32:5 as a reminder of the freedom confession brings