

CONFESSION

Liturgy is nothing more than a form for offering worship and glory to God. The following liturgy is for your benefit as you guide a room to worship and see the glory of God through the practice of confession. Take liberty to adapt this document and let your character shape the moment as you minister.

Historically, confession has been used in liturgical movements. Oftentimes this work has been used to extend forgiveness. The German theologian, Dietrich Bonhoeffer suggested that when we confess to one another and remind each other of our forgiveness in Christ, it is almost as if Christ is before us extending that forgiveness.

The following texts may be used to lead your room through the practice or another may be used in its place. For your benefit, the James 5 text below has been used.

Matthew 18:20 “For where two or three gather in my name, there am I with them.”

James 5:13-16 “Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Supplies¹: Bible

Before you begin, take a moment to assign the group into pairs. Be intentional to provide each student with a partner who they may not know well or intimately.

Introduction: Each week we enter this room under the weight of busyness. Let us, in this space, set the responsibilities of our day down to free our souls and awaken our spirits to the study of God’s presence before we study (insert course title).

Tonight we’re going to practice the communal prayer of confession. This habit is a way to both extend the forgiveness of Christ and remind ourselves of his complete work on the cross that is good and right for every part of our lives.

Insert Confessional Text

James shared with the church, “let’s ourselves share a trouble, a joy, an illness, or an area of sin to one another so to invite Jesus into the work, healing, or celebration we are in need of.”

¹ These supplies can be used at your discretion but are not required

Body: Take the next few minutes to share a confession to one another. After you have confessed, pray for one another with faith, hope, forgiveness, or celebration.

If someone confesses an error, a mistake, a sin - be sure to remind them that it is forgiven through Christ.

Benediction: Christ Jesus, you are our hope of forgiveness and our cause for celebration that what has been will not always be. We thank you that you allow what is seen and unseen to be made right so that we might stand righteous and approved by you.

Amen.

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Resource(s)

[Practicing the Way: Session 6 - Healing from Sin](https://www.youtube.com/watch?v=gCnOR_I1LMU) - John Mark Comer & Jenni Allen
https://www.youtube.com/watch?v=gCnOR_I1LMU

[Confession is a Place of Victory - Ascension Presents](https://www.youtube.com/watch?v=YiVjwIUO9Sc) - Fr. Mike Schmitz²
<https://www.youtube.com/watch?v=YiVjwIUO9Sc>

[Life Together: Chapter 5 | Pgs 110-112](https://drive.google.com/file/d/1M_3KKfv9b-R6pOj-0Q-eQf_8U0YP-1R8/view?usp=drivesdk) - Dietrich BonHoeffler
https://drive.google.com/file/d/1M_3KKfv9b-R6pOj-0Q-eQf_8U0YP-1R8/view?usp=drivesdk

Note(s): If a confession is made that causes discomfort to a participant and is reported to you suggesting that person, especially a minor, is being physically, emotionally, or sexually abused, it is your responsibility to notify a pastor of that conversation.

² Ordained as a Catholic Priest, Fr. Mike Schmitz offers a ministerial perspective on the confession. The North Ridge School of ministry does not subscribe to the penitential practice or Catholic Catechism.