

PRAYER CHALLENGE RESTORE GROUPS

Restore Group Prayer Challenge Leader Guide Week 2 - "Confession and Submission"

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.
1 John 1:9

Overview:

This session focuses on "Confession and Submission" in prayer, encouraging participants to acknowledge their shortcomings openly before God, seek His forgiveness, and embrace a heart of submission to His authority and plans. Through confession, we experience cleansing, and in submission, we align ourselves with God's purpose.

1. Opening Prayer (5 minutes)

- Start with a prayer inviting the Holy Spirit to reveal any unconfessed areas in our lives and to cultivate a submissive spirit. Pray for humility to acknowledge faults and strength to submit fully to God's will.

2. Scripture Reading (10 minutes)

- Read: 1 John 1:9 - "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
- Read: (have a group member read)
 - James 4:7-8 - "Submit yourselves, then, to God... Come near to God and He will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded."
- Discussion Prompts:
 - How does confession prepare our hearts for deeper connection with God?
 - Why is submission essential in our relationship with God?

3. Discussion (15 minutes)

- Discuss the transformative role of confession and submission in our prayer lives.
- Suggested Questions:
 - What are the barriers to openly confessing our sins, and how can we overcome them?
 - Can you share an experience where confession brought healing or clarity?
 - How does submission to God's will change our perspective and actions?

4. Practicing Confession and Submission in Prayer (15 minutes)

- Personal Confession: Begin with a few moments of quiet reflection, inviting each member to bring to mind areas where they need forgiveness. Encourage honesty in this personal reflection.
- Expressions of Submission: Encourage members to pray statements of surrender, such as "Lord, I submit my worries to You," or "God, I yield my plans to Your will."
- Scriptural Affirmations: Use verses like Psalm 51:10 ("Create in me a clean heart, O God, and renew a right spirit within me") to remind the group of God's grace and the cleansing power of confession.

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5. Group Prayer (15 minutes)

- Unified Prayer of Confession and Submission: Invite each member to participate in group prayer by confessing and submitting openly. Remind the group that confession fosters unity and healing.
- Silent Reflection: Allow moments of silence to help each person individually submit their needs and worries to God, acknowledging His authority over their lives.

6. Closing Prayer (5 minutes)

- Conclude with a prayer of gratitude for God's forgiveness and ask for help in walking daily in submission. Pray for guidance in allowing confession and submission to reshape hearts.
- Weekly Reflection Challenge: Encourage each member to practice confession throughout the week in their personal prayer time and to look for opportunities to submit to God's leading in daily choices.

7. Corporate Prayer Rhythm (CPR)

- Encourage group members to attend The Prayer gathering if available, where they can practice confession and submission as a community, supporting one another in this spiritual journey. ~Wednesdays at 6:30pm in Gilmer & Longview!