



Asking for a Friend

Week 4: The Power of Jesus

What we want students to learn: Confessing your sin is healthy and necessary in our walk with God and within a community of believers.

What we want students to do with what they've learned: Trust Jesus by confessing their sin, and respectfully listen to others as they confess.

Large Group Message Focus: John 4

Scripture Focus: 1st John 2:1-2 and 1st John 1:9

The Main Point

Throughout this series, we have covered anxiety and depression, abandonment and loneliness, addiction and unforgiveness. These past weeks have been amazing and have shown the students that Jesus is their place of freedom. This group guide is expressing the importance of confessing your sin into a group of believers, in hopes that your students will feel (or begin feeling) comfortable enough in their group to bring some of their sin up to the group.

INTRODUCTION

Everybody has been wrong before, but not everyone has admitted they were wrong before. Maturity and character are built on doing what you should do even when you do not feel like it.

- **Think about a time when you were TOTALLY wrong, yet it was hard to admit it. (Keep this light hearted. Maybe tell a story about an argument with sibling or a parent in which you were not going to back down).**

The point of this Ice Breaker is setting us up to admit sin in our life. When we sin, we don't like other people to know that we messed up because we are Christians and "should be perfect." Once you realize that is a lie, then you will live in freedom of confessing your sin and releasing that weight from yourself. Spiritual maturity is built on confessing what you have done wrong even when the devil tries to keep you silent.

PRAY that your students would learn the importance of sharing their sin and how beneficial it is. Pray for those conversations.

LESSON

Read **1st John 2:1-2**: "My dear children, I write this to you so that you will not sin. But if anybody does sin, we have an advocate with the Father—Jesus Christ, the Righteous One. ² He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world."

- **How would you define sin? What are some examples of sin?**
- **Does everyone sin?**
 - Yes.
- **What do these verses mean to you?**
- **Why should we care about the sins of the people around us, or as John stated, “the whole world?”**
 - *We are called to be like Christ. Jesus talked to the woman at the well about her sin even though she wasn’t a Christ follower. He showed her love and forgiveness without being judgmental, harsh, etc. This is how we should treat other Christians and non-Christians all the time and especially when it comes to sin.*
- **What does this mean for Christ-followers as they approach the topic of sin in themselves and in the people close to them?**
 - *A mindset like Christ. It should not be condemning, but rather out of concern, or love for that person.*

Read **1st John 1:9**: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

- **Do you need God’s forgiveness?**
 - *Yes. Whether you feel like you deserve it or not, God wants to forgive you so you can live life to the fullest, but you have to ask for it.*
- **How does this verse make you feel?**
 - *Uncomfortable because you know something that needs confessed? At peace because you can be forgiven? Share with the group.*

LIFE APPLICATION

- **When you feel convicted, do you see it as guilt or God’s love?**
 - Conviction isn’t about guilt. He wants us to love Him the way He loves us and that starts with conviction that we are broken and need Him.
- **Why do you think it is hard for us to talk about the hard parts of our lives?**
 - *Our culture forces us to put on a mask and only acknowledge our highlight reel (social media). It’s embarrassing. Sometimes we don’t want to acknowledge that hard part of our life. We are scared of what people will think...*
- **How can it be beneficial to talk to your friends/small group about the sin in your life?**
 - *Brings those things into the light, therefore, they lose their power. Brings about accountability. Allows people to encourage you through the hard times.*

After you all discuss, if you feel appropriate, allow an open floor to your students to speak about any sins that are weighing them down. Then assure them that because of His grace, they are forgiven, righteous, and a child of God.

TAKE IT OUT

Close small group out with prayer requests. Pray for students to drop the weight of their sins as they are able to confess it to Jesus and talk about it in group.

After prayer, be sure to remind them of any upcoming group serving activities or student events and THE WEEKEND!