

RHYTHMS:

Cultivating Spiritual Habits of Devotion

JUNE 19 | STONE OAK CAMPUS



1 JOHN 1:9

Prepare Your Heart & Mind

Begin this time in prayer, confessing any sins you can recall, thanking the Lord for the gift of His Word, and asking for His Spirit to guide you in your time.



Reflect/Connect

- Use these questions for a time of individual reflection or to connect with others in meaningful conversation.

Grow in the Word

- These questions are designed as a guide for individual study and to foster spiritual conversation with a group of people.

REFLECT/CONNECT

- In what ways did your prayer life change this last week, and what difference did it make?
- How much of a role does confession play in your prayer life?
- What are some general challenges Christians face that makes it hard to confess sins in prayer?

GROW IN THE WORD

John provides his readers with a clear pathway to receiving forgiveness and cleansing from all unrighteousness through the act of confessing sin.

- How would you describe what it means to "confess your sins"?
- Why do we need to confess our sins to receive forgiveness if we have already been forgiven?
- What's the difference between the forgiveness John describes in verse 9 and the forgiveness that Christians receive at the moment of salvation? Compare Eph. 1:7; Col. 2:13; and Rom. 5:6-11 with Mt. 6:11-12; Php. 3:12; and James 3:2.

John urges his readers to have fellowship with God by confessing their sins.

- What does John say is the result of our confession?
- What would be the consequences of failing to confess sin? See Psalm 32:3-5; Proverbs 28:13.
- How can this verse shape the way you seek God?
- What challenges do you face specifically that prevent you from confessing your sins on a regular basis?



NOTES

Use this page for sermon notes, prayer requests, or additional notes on the passage from your study.