



HOLY HABITS

Week 3: Confession

» NEXTSTEP

1. Think about it: Does your confession tend to be among the lines of “Forgive any sins, dear Lord” rather than specifically naming your sins one by one before the face of the Lord? What does the lack of specific confession do to self-awareness?

2. Think about it: What experiences have affected your ability to give and receive forgiveness? Talk to God about what this means.

3. Try this: Read Psalm 51. When you are done, go back and put the psalm in your own words and pray to God.

4. Go deeper: Use Psalm 13:23-24 as your prayer, invite God to bring to mind attitudes, actions or moments where you fell short of exhibiting the character of Christ or the fruit of the Spirit. As God brings different areas to mind, reflect on what contributed to the situation and what might enable you to respond differently in the future.