



## **Stand Unshaken**

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To view the accompanying video, go to  
<https://momsinprayer.org/stand-unshaken-bible-study/>

*One of the greatest attributes of God is that He is forgiving. Confession of our sins is vital to our relationship with God and a key to stand unshaken. When we accept His forgiveness, we are filled with thanksgiving. Explore the discipline of confession and thanksgiving in your prayer life.*

### **Confession**

1. Read **Romans 3:23; Isaiah 59:2; John 3:16** and **1 John 1:9**.

Who is guilty of sin?

Why is sin damaging to our relationship with God?

Who forgives our sin?

How do we receive forgiveness?

2. It can be easy to identify sin in someone else's life. We see their mistakes and shortcomings and notice quickly when actions don't line up with the truth of God's Word. Seeing our own sin can be more difficult at times, especially if the sin has become habitual or hidden. Why do you think it can be challenging to know our own sin?

Read **Psalm 19:12** and **Hebrews 4:12-13**. When we confess our sin, God forgives us and renews our hearts. Write a prayer asking God to show you any areas of unconfessed sin you need to address. Spend time in prayer asking Him to forgive you.

3. Do you believe that when you confess your sins you are truly forgiven or do you still feel shame and regret? Read **1 John 1:9** and **John 8:36**.

Now that you have confessed your sins take a moment to thank God for His forgiveness and that you can walk forward in freedom.

4. How can you model confession and forgiveness in a current relationship?

### **Thanksgiving**

5. When we our confess sin and receive forgiveness, there is peace and joy that follow. This leads us to thanksgiving. Read **1 Thessalonians 5:16-18** and **Ephesians 5:20**.

For what should we be thankful?

When should we be thankful?

Why should we be thankful?

6. Is there a difficult circumstance in your life for which you find it hard to be thankful?

Read **Romans 8:28**.

How can you give thanks in ALL circumstances?

7. Consider the following situations and note how you can have an attitude of thanksgiving.

Situation	Scripture	How I Apply Thankfulness
When a specific prayer is answered	<b>Mark 11:24</b>	The Bible instructs us to ask according to His Word and believe we will receive. Recall a specific situation and reflect on how God answered that specific prayer.
When we face difficulties	<b>James 1:2-4</b>	
When we are uncertain	<b>Proverbs 3:5-6</b>	

8. Make a list of current circumstances, both good and bad, for which you can be thankful. Offer a prayer of gratitude to God.

9. How can you model thankfulness to God for others to see based on the circumstances above?

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Father, You are the giver of all things. You give joy and peace when we walk with You. Search my heart God, and show me areas in which I need to confess sin. I repent of \_\_\_\_\_ and I accept the forgiveness You offer to me. In all my circumstances help me to offer prayers of thanksgiving as Your peace rules in my heart. Teach me to be mindful of modeling confession and thanksgiving. Amen.

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**Action Item**

***Purposefully stop and thank God for a specific circumstance that you go through this week.***

***Some examples are:***

***If you have a misunderstanding with someone thank God that He never misunderstands. If you don't feel well this week thank God for providing medicine, sleep or healing.***

**Notes for Small Group Discussion:**

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Share with your group a choice you need to make that will honor God.
4. Consider practical ways to find accountability with these truths.

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