



## Walking in the Gift of Confession

With Susan Shepherd, USA Country Coordinator  
of Moms in Prayer International

To view the accompanying video, go to  
[MomsInPrayer.org/Gift-of-Confession-Bible-Study/](https://MomsInPrayer.org/Gift-of-Confession-Bible-Study/)

**Group Discussion Question:** *When you have unforgiveness toward others in your heart, how does it negatively affect you?*

1. **Receiving grace** is wonderful! Who doesn't love to be quickly forgiven when you have said or done something to cause an offense? But when you are on the receiving end of harsh words or actions, **extending grace** is not always so easy. **Colossians 3:13** reminds us to *"Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you."* Is there a current situation in your life in which God wants you to extending grace, instead of reacting with bitterness or anger?
  
2. **In the video**, Susan talks about times in her life when she had to surrender her anger, frustration and hurt to the Lord. She came to understand that her desire to hurt or to get even with someone who hurt her created a separation between herself and God, which she did not want. She wanted, needed and trusted God more, so she needed to continually give it to the Lord in prayer. Below is her prayer example. Fill in the blank with whoever it is that you need to forgive.

*"Father, You know it all. \_\_\_\_\_, belongs to You, Lord. They are Your creation and Your child. You deal with them. I do not want to create a separation between You and me, Lord. Take this anger, bitterness, and hurt from me, and help me forgive them, because You have forgiven me."*

3. We've all been hurt by someone else's words or actions toward us. Since we are human we cannot "remember their sins no more" as God does with us (Hebrews 8:12). We need to be careful not to hold offensive words or actions close to our heart and mind and allow them to define us. Knowing who you are in Christ is so important when forgiving others. Their sin is about them. It doesn't label or determine who you are.

Lauren Daigle says it well in her song "You Say" *The only thing that matters now is everything You think of me. In You I find my worth, in You I find my identity.*

When it comes to our identity in Christ, it's imperative that we know what God's Word says about who we are. What are some specific scriptures that remind you of your worth and identity in Christ?

4. **Forgiveness and reconciliation are separate processes. To reconcile means to "exchange hostility for a friendly relationship."** Differing from forgiveness, the process of reconciliation will be based on the *attitude of the offender*, the *depth of the betrayal*, and the *pattern of offense*. It takes two people to reconcile, where both the forgiver and offender recognize and accept that the harm that was caused will take time to heal. Of course, there are some sins that have such great consequences that they completely shatter the trust at a personal level, and the relationship can never be restored.

Is there someone God is prompting you to reconcile with? What is your part in the reconciliation process?

Is there someone God is prompting you to set up a boundary with, as trust is rebuilt in your relationship?

5. Susan closed her teaching on confession by quoting the chorus of the famous hymn, *Victory in Jesus*.

*Oh victory in Jesus, my Savior forever  
He sought me and bought me with His redeeming blood.  
He loved me 'ere I knew Him and all my love is due Him  
He plunged me to victory beneath the cleansing flood*

How would you summarize your own thoughts on the gift of confession?



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