

Small Group Discussion Questions

Series: Rhythms: Prayer

Speaker: Jay Haugh

Message: Prayer of Confession

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Memory Verse: 1 Thessalonians 5:16-18 NIV

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

The goal of these questions is to foster meaningful discussion and to encourage participants to reflect on God's Word to lead to heart transformation. Feel free to modify or expand upon these questions based on the dynamics and needs of your Small Group.

Big Idea: Confession is a proper response to a heart posture that doesn't trust God's power.

Read Nehemiah 1:3-10

1. What things tend to make you emotional or make you cry? Has anything recently triggered tears? Have you ever cried about how our country has forsaken the greatness and glory of God? Where do spiritual matters register for you?
2. In what ways can you relate to Nehemiah's deep sense of sorrow and mourning for the spiritual and physical condition of God's people? How can we cultivate a heart like Nehemiah's, characterized by compassion, humility, and a deep concern for the things of God?
3. Nehemiah spends time fasting and in prayer. Throughout the Bible, we see a connection between fasting and prayer. In addition to Nehemiah, we see it in the Old Testament in books like Esther, Daniel, and Jonah. We also see this in the New Testament in the Gospels and Acts. Why do you think these two items are practiced together? Have you ever practiced fasting? If so, share about your experience and how it impacted you. If not, what has kept you from practicing this spiritual



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discipline?

4. We can take a posture of “I can do it on my own” or believe that a solid methodology will produce results. Have you ever placed your confidence for success in something other than God? What are the heart issues that lead us to believe we can do things without God? How can we turn this sin of self-reliance into a prayer of confession?
5. How does Nehemiah's acknowledgment of God's faithfulness in verse 9 impact the way we approach confession and repentance? How does trust in God's character influence our prayers? If we realize that confession and repentance are for our benefit, how can this impact our view of confession?
6. How can you integrate regular confession and repentance into your daily prayer life? What obstacles might hinder you from consistent confession and repentance? What steps can we take as a small group to create a safe environment where confession and vulnerability are welcomed and supported?
7. How and when do you identify aspects of your life that require confession? Do you ever spend time in self-reflection to help with this? How can you use the Fruit of the Spirit (Galatians 5:22-24) as a guide to help you practice confession?
8. Provide time at the end of your discussion for the group to practice quiet self-reflection and confession through prayer to God. If anyone feels led to share/confess anything aloud, provide space and time to do so.



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