

Follow Again Group Guide

Ice Breaker

What is your go to stress reliever?

View the After Party Video

<https://www.youtube.com/watch?v=-MwBdRGDjrs>

Feel free to share this link with your Life Group to watch ahead of time or watch together as a group.

Identifying with the Story

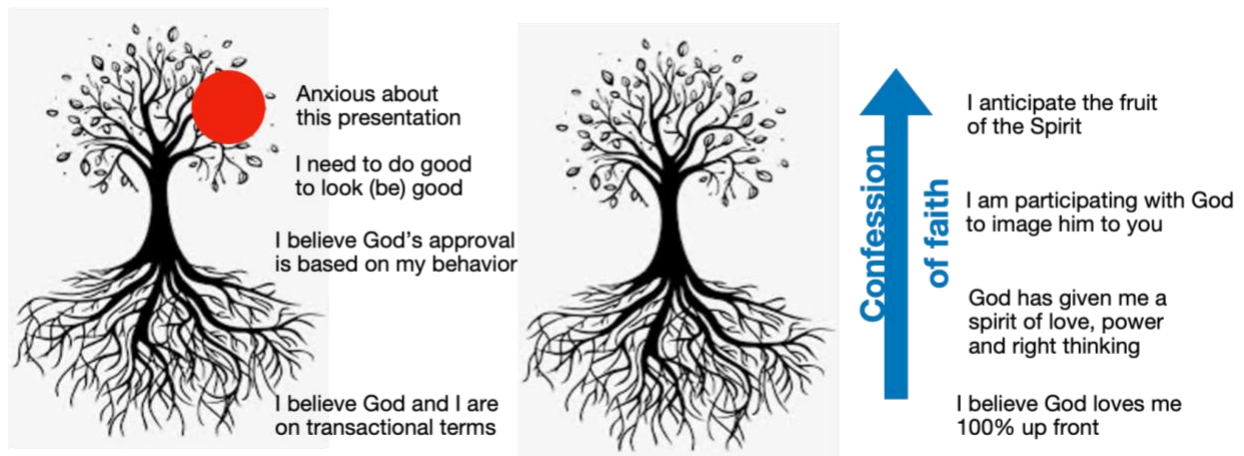
In John 21, the disciples found themselves fishing after a being confused (or in Peter's case failure) by Jesus on the cross.

Do you ever find yourself doing similarly? What is your "fishing"? Is it a vice, an attitude, an apathy, or something else?

Learning Confession, Repentance and Progression

For many of us, we know how to loosely confess (say) what our sin is, but we often get stuck in experiencing repentance (making different choices) and progress (being different). To experience all three phases, we need to understand the dynamics of how sin and righteousness work.

Both sinning and practicing righteousness are similar. The actual sin or righteous behavior is the fruit of deeper beliefs about God, ourselves, and the way the world works. See the below diagram for an example.



To fully experience the three phases of confession, repentance, and progress we need a more robust confession and a discipline of profession.

To confess we use the following questions to diagnose what our sin is and why we are sinning:

- 1) What am I doing/experiencing?
- 2) Who am I believing I am?
- 3) What am I believing about God?
- 4) Who am I believing God to be?



We follow this confession with a profession (confession used positively) that starts at the roots of who God is and grows out from there:



- 4) What can I expect to experience
- 3) Who does he say I am
- 2) What has God done?
- 1) Who is God

As we work through and diagnose the roots of our sin, and profess who God is, who we are because of Jesus, and how God sees us, we will grow into true repentance and Christlikeness. This is a process, and often needs to be repeated. What you will discover is one outward manifestation of sin often is rooted in a number of different things. One time you may reflect through your confession and end up with one set of answers and the next time you struggle it is for entirely different reasons.

As A Group

As a group if there is anyone who wants to be brave you could take one of their sins through this process. You can also spend some time discussing whether this is a different way of thinking about confession or whether you've gotten stuck in a cycle without growth. Then close in prayer.