



**Keswick
Ministries**
HEARING BECOMING SERVING

Back to the Basics

Learning to Apologise - Confession

Anne Zaki: Seminar 3

HOW TO USE THIS RESOURCE

This seminar is the third in a series of four. You can watch the seminars on your own or with your church, small group, or friends. The questions/reflections below may help you discuss and work through how to apply what you've learnt to your own life. Start the video and then pause it when suggested to look at the question(s).

WATCH THE VIDEO:

Seminar 3:
<https://tinyurl.com/5n8kjha5>



To watch the video, scan the QR code or go to @KeswickConvention on YouTube and search for Anne Zaki

SEMINAR OUTLINE

Spiritual transformation cannot happen without confession. This seminar looks at what makes confession distinctly Christian, why we find it difficult, and how we can avoid some of the typical pitfalls. Full of practical ideas, Anne teaches us how to confess and how to become those who are trusted to hear other people's confessions.

QUESTIONS

Watch the video and pause it at 23:21 minutes.

1. How is confession different from talking with a friend about our faults?
2. Share examples of false confessions. How do these mock God?

Restart video at 23:21 minutes (<https://tinyurl.com/ykx5k7fz>) and watch until 47:14 minutes.

3. 'You might be airlifted from a thorny path, but you are still going to feel the sting of the thorns' (Anne Zaki). How does this image help you understand the act of confession and the feelings associated with it?
4. How does your church, even unintentionally, give the impression it is a community of saints rather than repentant sinners?
5. What changes could you make in your church or small group so that it is a place to, 'Confess your sins to each other and pray for each other so that you may be healed' (James 5:16). What safeguards should be put in place?

Restart video at 47:14 minutes (<https://tinyurl.com/8cb76n9t>) and watch until the end.

6. What kind of person should we look for to hear our confession? How can you become this person for others?





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REFLECTION/PRAYER

'For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.'

(Hebrews 4:15-16)

- Think about your reluctance to confess regularly, either to God or others. What is holding you back? What have you learnt from this seminar that helps you going forward?
- Today ask God, 'Is there something in my life that is hindering the release of your power in me?'
- This week, use one of Anne's practical tips for confession - confessing sins from different stages of your life, confessing sins of the body and heart, or, like Martin Luther, using the 10 Commandments to examine your life.
- As a group, pray that you would feel deep remorse and intolerance for sin, that God would help you hunger for holiness and you would support each other well as you pursue purity.

