



Prayer of Repentance Prayer Posture (Dec 2)

Series Summary: So often we only see prayer as a one way street of us going to God to ask for what we want, but prayer is so much more. Prayer is a conversation with God where we talk, listen, and spend time with Him. This series will discover aspects of our prayer life that help us see prayer in a fresh new way.

Big Idea/Question: Christ has forgiven us once and for all when we believe in Him. Our sins are cast as far as the East is from the West but prayers of confession and repentance still have a key place in the life of a disciple as we strive to walk with Him and live for Him every day.

GET THEM TALKING

Are you quick to forgive or do you hold a grudge?

If God has forgiven us because of what Jesus did on the cross do we still need to confess and repent of our sins in prayer?

VIDEO TEACHING

Intro: My answer to the question is a resounding YES! Don't feel bad if you answered differently because many Christians don't understand the need for continual confession and repentance.

1 John 1:6 If we say we have fellowship (*relationship*) with him while we walk in darkness, we lie and do not practice the truth.

The cost: Walking darkness (sinful patterns) cost us a close relationship with Jesus. No, we do not lose our salvation. But continual unrepentant sin places a barrier between us and God.

1 John 1:7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.

When we walk in obedience we walk closely with Jesus.

1 John 1:8 If we say we have no sin, we deceive ourselves, and the truth is not in us.

The Lie: No one is believing that you are perfect and sinless with no sin to repent of. We can all drop the act.

1 John 1:9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

Questions to ask yourself

- Are you taking God's grace for granted by ignoring sin in your life?
- Do you have a desire to be more like Jesus? If you do you will confess and repent of sin, often.

Transition- but what does a prayer of repentance look like

SMALL GROUP DISCUSSION

What does a prayer of confession and repentance look like?

Leader Note: This is a Psalm written by David after he had committed adultery with Bathsheba. The Prophet Nathan boldly pointed out that David was living in rebellion and needed to confess his sins and repent.

Leader Note: With younger students, you will need to slow down and explain some of these words. I have given synonyms in italics to help out.

Psalms 51:1-5 Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. (*wrongs*) **2** Wash away all my iniquity (*wickedness*) and cleanse me from my sin. **3** For I know my transgressions, (*wrongs*) and my sin is always before me. **4** Against you, you only, have I sinned and

done what is evil in your sight; so you are right in your verdict and justified when you judge. **5** Surely I was sinful at birth, sinful from the time my mother conceived me.

Psalms 51:10-12 Create in me a pure heart, O God, and renew a steadfast (faithful) spirit within me.**11** Do not cast me from your presence or take your Holy Spirit from me. **12** Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

What stuck out to you about how David went to God to confess and repent of his sin?

Vs 4- David did not blame his actions on anybody else. He owned his actions. Why is that such a key element to prayers of confession and repentance?

Why is it so important that prayers of confession and repentance are a part of our faith?

What happens when we don't go to God with repentance and confession?

What did David mean in verse 10 when he asked God to give him a pure heart and renew his spirit?

When we go to God to confess our sins, what does He do for us? (1 John 1:9)

PRAYER ACTIVITIES

Leader Note: Do not feel like your group must do all of these prayer activities throughout this series. Instead, I would pick one per week and dedicate a large part of the group to it.

Leader Note: The Prayer activities are mirrored to the prayer topic of the week. However, any of these prayer activities are a great way to end any small group discussion. Meaning you can use the prayer activities to end the group all throughout the spring.

Praying Scripture: From the list below read a passage, and then spend time in prayer for that scripture to be evident in the lives of all in the group. For example, if the Bible passage is about mercy have the students pray that they may truly trust in God's mercy.

- Romans 8:38-39
- James 1:22-25

Confession Prayer: Students, on a notecard or piece of paper, write down a sinful habit that is a stumbling block for them in their faith. Students then have time to pray silently as they confess that sin to God and repent of that sin. Once students have done this, let them know that they can talk to you as the leader about that sinful habit.