

## **SESSION 2: ABIDING IN JESUS**

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Experiment during the coming week with the spiritual practice of confession. Confession allows us to receive God's grace and mercy and experience forgiveness and healing. This week, take the challenge to share your weaknesses and failures with God and with another trusted person.

Here are some Scripture passages that can shape the practice of confession: Numbers 5:5-7; Psalm 32:1-5; James 5:16; 1 John 1:8-9.

Afterward, consider the following:

**❓ Describe the costs and benefits of confession that you discovered.**

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**❓ How can you make confession a regular practice to keep your relationship with Jesus open and honest?**

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