

# CHALLENGE WEEKEND

## Session 3 - The Concealment Game

### **BOTTOM LINE**

Confessing will cost you something, but concealing could cost you everything.

### **MESSAGE OVERVIEW**

What do you do with the stuff you hope no one finds out about? The stuff you keep hidden, the stuff you know you shouldn't have done, the stuff that you're ashamed of? Most of us conceal it. We cover it up and hope no one finds out. But concealing things hurts us. It costs us. God wants us to walk in the light. He wants us to live in freedom. And the pathway to freedom from the stuff we hide is confession.

### **SCRIPTURE**

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. Psalm 32:3-4

This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 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, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. I John 1:5-9

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16

### **QUESTION TO ASK YOURSELF**

What are you hiding that you hope no one finds out?

## DISCUSSION GUIDE

- Can you think of a public figure who was hiding something big and dark that was found out and made public? What did it cost them?
- We all have things we are ashamed of—things we've done that we hope no one finds out about. Why do we hide these things? What do we think it will cost us?
- Read I 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, purifies us from all sin. Think about a secret that you're carrying. Something you're worried about and struggling to handle. What would it take for you to walk in the light? What would you have to do?
- What has concealing something cost you? (Your integrity, trust with others, isolated you, your reputation)
- Read James 5:16 : Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. Have you ever confessed something to God? Have you ever confessed something you were struggling with to a trusted friend or leader?

**Small Group Leader:** *Share an appropriate story of a time you confessed something to God and to someone else and what that experience was like? Share how you felt afterward and about your ability to move forward afterward. What makes you feel afraid to confess something that you're keeping secret?*

- Let's circle up together, and for a little while, let's pray silently and talk to God about the things we need to confess. Some of you might be ready to confess to God in silent prayer right now—and some of you might need to pray and ask God to help you have the courage.

Then let's pray out loud and ask God to help us create the kind of small group where it's safe for us to confess our struggles and our secrets and mistakes and to ask for help. Let's ask God to help us confess sooner rather than later and get the freedom and help we need.

**Leaders:** This is a good time to remind everyone of the importance of the safety of your group. Also be careful not to pressure students to make verbal confessions to the group that they don't feel ready to give.

### **PRAY TOGETHER**

Dear God, I pray you would help us live free from the secrets and the shame that we try to hide. Help us know how to walk in the light with you. Please give us the courage to confess to you, God. Please help our group to be a safe place where we can share our real struggles. Amen.