

DO IT SCARED

Part 1: “Confident Confession”

Introduction

Unhealthy things grow in the dark. Living in the light brings healing and freedom. But bringing to the light the things we typically hide in the dark is scary—even terrifying. What does courage look like in this arena?

Discussion Questions

1. What is your grossest mold story—a physical example of how unhealthy things grow in the dark?
2. In the message, Samer talked about three things that tend to grow in us when we hide in the dark: loneliness, low self-esteem, and shame. To which of these three unhealthy things are you most susceptible?
3. Read Hebrews 4:14–16. As the author of Hebrews makes the case for courageous confession, do you find their description more intimidating or encouraging? Why?
4. Read James 5:16. Why do you think James exhorts us to confess our sins not just to God, but to other believers as well? Have you ever done that? What did you experience?
5. Do you have a friend with whom you can—and *do*—share everything...even the things of which you might be ashamed? If so, who is that person for you? If not, what is keeping you from pursuing that level of courageous vulnerability in one (or more) of your relationships?
6. What would you need to do to be a safe person for someone else?

Moving Forward

God will use the encouragement, the truth, the love, and the voices of the community around you to heal you. And there is something so freeing in another human knowing your struggle. We were designed to do life together—there is a healing and a victory that can only happen when we let others in. God designed it that way.

Changing Your Mind

Therefore confess your sins to each other and pray for each other so that you may be healed.

(James 5:16)