

Disciplined Disciples

Northwest Church of Christ: Young Adults

Winter Quarter: 2014-2015

Topic: Acknowledging our Weaknesses



As Christians, many times we feel pressure to put on a “mask” and pretend that everything is ok even when it is not. We often find ourselves pretending to be “better” or “more holy” than we actually are.

How would it affect your life if you felt comfortable being open, and honest about all of your struggles? That is the plan that God laid out for us in Scripture.

#1. Confessing our weaknesses to one another.

- James 5:16
- Galatians 6:1-2 teaches us to bear one another's burdens. There may not be a bigger burden than trying to keep up a façade.
- Notice the reason given for confessing sins: to solicit prayers, so that you may be healed.

#2. What does acknowledging our weaknesses do for us?

- It reminds us that we are not/ cannot be saved based on our own merit.
- It reminds us that our faith must be in Jesus, not in ourselves. Matthew 17 Jesus reminded His disciples that the reason they couldn't cast out a demon was because their faith was lacking.
- 2 Corinthians 12:7-9- The apostle Paul had a thorn in his flesh. He was told that God's grace was sufficient for him. God's grace is sufficient for us.

Important Scriptures

- **James 5:16-** “Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”
- **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.”
- **2 Corinthians 12:7-9-** “...But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me...”
- **Mark 5:20-** “And he went away and began to proclaim in the Decapolis how much Jesus had done for him, and everyone marveled.”

- 1 John 1:9- tells us that as we are faithful in confessing, God is faithful in forgiving.
- If we confess our sins rather than ignoring them or bottling them up, we gain a support group from people who genuinely want what is best for us.



#3. What does acknowledging our weaknesses do for others?

- Confessing our sins to others makes them feel better connected to us.
- Confessing our sins to others, encourages them to do the same.
- Confessing our sins to others removes the misconception that they are an outcast because they are not as perfect as everyone else.
- Confessing our sins, let others see God's power at work within our own lives.
- Confessing our sins, gives others an example of humility.
 - It is hard to admit when we make a mistake.
 - One of the most memorable moments of my childhood was my father telling me he was wrong, and made a mistake.
- Mark 5:20- all who marveled did do because they saw a changed man. Letting others see us for who we are, not who we pretend to be, can have this effect.

Discussing the Word

1. When is the last time you confessed a personal sin to someone else?
2. Why do you think we have gotten away from this practice?
3. How would it help or hurt your relationship with other Christians if we were transparent with one another?
4. Is there someone that you know that has a "checkered past but is now faithful? Are they an inspiration to you?"

