

A TIME TO HEAL
“A Time to Confess”
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Matthew 7:1-5 (ESV)

CENTRAL TRUTH:

I must free myself of sin first before I confront others about their sin
(Matthew 7:1-5)

HOW TO GET THE LOG OUT OF MY EYE

1. Examine Myself

- Ask, “How have I contributed to this conflict?”

2. Repent to God

- Repentance is a change of heart (i.e., genuine sorrow to God) that leads to a change of behavior (i.e., turning away from sin).
2 Chronicles 7:13-14
- “God, I am sorry, I was wrong, I will change....”

3. Confess to the Offender (Using the 7 A's – Adapted from “*The Peacemaker*” by Ken Sande)

- a. **ADDRESS** everyone I have affected
- b. **AVOID** “if, but, & maybe”
- c. **ADMIT** specifically what I did wrong
- d. **APOLOGIZE** for hurting others

- e. **ACCEPT** the consequences of my actions
- f. **ALTER** your attitudes and behavior in the future
- g. **ASK** for forgiveness

LIFEGROUP DISCUSSION QUESTIONS

Going Deeper into the Message

1. Describe a conflict when you apologized to someone or when someone apologized to you. How did you feel and what was the outcome?
2. Carefully read Matthew 7:1-5. What is the main point of the passage?

For questions 3-6, think of a conflict that you are presently involved in or one from your past.

3. [*Examine Myself*] Briefly describe the conflict. How did you contribute to the conflict?
4. [*Repent to God*] As you evaluate the way you have handled the conflict, do you see a need for repentance? If so, then what are you genuinely sorry to God for and how will you turn away from the sin?
5. [*Confess to the Offender*] Incorporate the 7 A's and write an apology. Read it aloud and allow others to give feedback.
6. Make a list of all the different ways that your offender might respond if you apologized first for your part in the conflict. What is right or wrong about how you feel about each one of these responses?

Responding to the Message

7. What one insight from the message seems most personally significant to you right now, and how would you like this truth to affect your life (i.e., your thoughts, attitudes, habits, conduct)?
8. What action can you take in the next week to start putting this into practice or to cooperate with God in bringing about this transformation?