



Young
Adults

Y²AM
Ministry Plan
2019-20

Finding Christ
Through Confession (March 2020)



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LEARNING SESSION

MARCH 2020

Finding Christ Through Confession

GOAL:

To learn about Confession

OBJECTIVE:

To identify one way you can begin to practice
confession in your daily life

ESTIMATED DURATION:

45 minutes

LEARNING SESSION:
OCF RESOURCES 2019-20

SUPPLIES NEEDED:

1. projector and laptop
2. blank paper for each participant
3. pen for each participant

Saint Story Source: <https://www.goarch.org/chapel/saints?contentid=103>

Article Source: <https://frted.wordpress.com/tag/luke-191-10/>

OPENING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

Lord, allow us “to offer ourselves as a living sacrifice,” one that is, “holy and acceptable to God for this is Your true and proper worship.” Allow us “not conform to the pattern of this world, but be transformed by the renewal of our minds.” So that we may be able to “test and prove what is God’s will, His good, pleasing and perfect will.”

Amen.

LEARNING SESSION:
OCF RESOURCES 2019-20

ICE BREAKER:

10 minutes

Tell us your name, and share one fact about Confession.

Remember:

It's always helpful to start with an activity to help participants relax and allow community to build. Early in the session, focus primarily on getting participants to open their hearts and connect with what's happening in the group. This is an opportunity to encourage participants to share their honest opinions and thoughts, as well as listen to those of others. Take this time to connect with what's important to them, and to understand what they've connected with.

ACTIVITY 1: SAINT STORY

10 minutes

Read the following story before discussion, and talk to your group about some of the highlights of the lives of Saint Peter and Saint Paul:

<https://www.goarch.org/chapel/saints?contentid=103>

Ask the following questions, facilitating a discussion:

- What connection do these Saints have with confession?
- How did Peter live as a disciple?
- How did Paul live before he was a disciple?
- Where can we see repentance in their lives?
- How can we live this repentance in our lives?

ACTIVITY 2: ARTICLE

10 minutes

Read the following article:

<https://frted.wordpress.com/tag/luke-191-10/>

Ask participants the following question and facilitate a discussion:

- What is true confession in Christ?
- What is your current relationship with confession?
- What is our role in confession?

ACTIVITY 3: SCRIPTURE

10 minutes

Have participants read the following verses:

Luke 19:1-10

“He entered Jericho and was passing through. 2 And there was a man named Zacchaeus; he was a chief tax collector, and rich. 3 And he sought to see who Jesus was, but could not, on account of the crowd, because he was small of stature. 4 So he ran on ahead and climbed up into a sycamore tree to see him, for he was to pass that way. 5 And when Jesus came to the place, he looked up and said to him, “Zacchaeus, make haste and come down; for I must stay at your house today.” 6 So he made haste and came down, and received him joyfully. 7 And when they saw it they all murmured, “He has gone in to be the guest of a man who is a sinner.” 8 And Zacchaeus stood and said to the Lord, “Behold, Lord, the half of my goods I give to the poor; and if I have defrauded any one of anything, I restore it fourfold.” 9 And Jesus said to him, “Today salvation has come to this house, since he also is a son of Abraham. 10 For the Son of man came to seek and to save the lost.”

Ask the following question and **facilitate a discussion:**

- How does this relate to confession?
- Why was Zacchaeus in the tree?
- What was the confession of Zacchaeus?
- How can we seek out God and live in this way of repentance?

Conclusion: wrap-up & commitment

5 minutes

Go around the circle and ask the group to name one way to incorporate Confession into the life of a college student.

CLOSING PRAYER

In the name of the Father, and the Son, and the Holy Spirit.

“O Lord God of my salvation, the Savior and Benefactor of my soul, I am truly sorry for my every transgression and I firmly resolve never again to offend thee by my sins, and sincerely promise to amend my way of life. Implant in me the fear of thy blessed commandments, that I may trample down all carnal appetite and may lead a godly life, both thinking and doing always such things as are pleasing unto You. I pray to You, grant unto me the Grace of Your Holy Spirit, that strengthened, I may shun all evil deeds and works, and words and thoughts, and may avoid all snares of the Evil One. Shine in my heart with the true Sun of Your Righteousness; enlighten my mind and guard all my senses, that walking uprightly in the way of Your statutes, I may attain life eternal.”

Amen.

(a prayer after Confession)