**Theme: Freedom**

**Goal:** Learn about confession.

**Objective:** Identify one way you can begin to practice confession in your daily life.

**Ice breaker:** Tell us your name and share one fact about confession.

**Activity 1:** ***Saint Story***

Read the following story before discussion, and talk to your group about some of the highlights of the teachings of *St. Saints Peter and Paul*:

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

Ask the following questions and help facilitate 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 and Reflection**

Read the following article:

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

Ask the following questions and help facilitate a discussion:

* What is true confession in Christ?
* What is your current relationship to confession?
* What is our role in confession?

**Activity 3: Scripture *Reading***

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.”

**Debrief:**

* 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 and Commitment*

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

**Closing Prayer:**

“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.

(<http://ww1.antiochian.org/orthodox-prayers/prayers-after-confession>)