



**HELP!**

## Week #3 Confession

Confess your sins to one another and pray for one another, that you may be healed.

*James 5:16a (New Living Translation)*

So admit your broken ways one to another and pray for each other that you may be healed.

*James 5:16a (First Nations Version of New Testament)*

Shame is the fear of being unlovable. It thrives in isolation and secrecy. It loses its power when it's spoken and shared with someone you trust. Confessing areas of shame is healing.

Where are you experiencing shame?

Who is a trusted person you can share this with?

What makes someone a trusted person for others to confess their "broken ways" to:

1. Fully present.
2. Empathetic.
3. Non-judgmental.
4. Doesn't try to fix or solve.
5. Keeps things confidential.

What would you add to this list from your own experience?

How can you grow to be a more trusted person?