



Everyday Ordinary - Part 3 - "The Week's End"

Galatians 5:16-26 (NIV)

16 So I say, walk by the Spirit, and you will not gratify the desires of the flesh. 17 For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want. 18 But if you are led by the Spirit, you are not under the law.

19 The acts of the flesh are obvious: sexual immorality, impurity and debauchery; 20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit. 26 Let us not become conceited, provoking and envying each other.

Psalms 32:1-5 (NIV)

1 Blessed is the one whose transgressions are forgiven, whose sins are covered.
2 Blessed is the one whose sin the Lord does not count against them
and in whose spirit is no deceit.
3 When I kept silent, my bones wasted away through my groaning all day long.
4 For day and night your hand was heavy on me; my strength was sapped
as in the heat of summer.
5 Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

Romans 2:4 (NIV)

4 Or do you show contempt for the riches of his kindness, forbearance and patience, not realizing that God's kindness is intended to lead you to repentance?

Key Points

- True confession calls us to freedom and wholeness rather than shame, guilt, and pressure.
- We can derive life from unchecked desires or one that flows from unforced rhythms; both choices create patterns and have a trajectory.
- When confession is a list, repentance becomes a promise.
- Repentance is not a response to a threat but to God's kindness.
- We must push past the shame into the beauty of forgiveness while acknowledging that we feel a dissonance deep within ourselves over our sin.
- Shame exploits the separation.
- In confession, we do not simply agree that sin is bad but that sin separates us from the life we most want to live—the life God made us to experience.
- Repentance is a return to wholeness.
- Confession is a formative work that allows our everyday ordinary lives to be fertile soil for the fruit that comes from a life with God.

READ

Open your time together by reading the scripture passages on Page 1. Then, take a moment to consider what you just read:

- ***Read Galatians 5:16-26. What are the two ways of life described in this passage? What are the markers of both? How would you describe the trajectory that each way of life leads?***
- ***Read Psalm 32:1-5. How do confession and repentance break the cycle and power of sin and enable us to embrace forgiveness?***
- ***Read Romans 2:4. What is it about God's kindness that leads us to repentance?***

REFLECT

- ***Confession is _____. What makes you answer in the way that you do? How does your answer influence your willingness to be open about your struggles with God?***
- ***When we are confronted by our struggles and sin, we hide, defend, or justify. Of these three responses, which one tends to be your default and why?***

RESPOND

- ***Where do you currently find yourself hiding, defending, and justifying?***
- ***What would it look like for confession and repentance to be a formative work in these areas of your life?***
- ***How can you create space to examine God's presence and His work in your life this week?***

PRAY

Close your time together with prayer requests. Ask how you can pray, support, and lift one another up. Pray over these requests either collectively or by breaking up into prayer partners.