

Session 18 – Step 5 - Confession

LESSON PLAN

Time	Activity
0:00	Opening Prayer Plan for the session Catch-up sharing Questions on Step 5 or confession (writing, giving, etc.) Share Exercise 5.1 – Our Confession Discuss post-confession notes and message from person who heard your confession
0:05	Catch-up sharing
0:10	Questions/Discussion – Step 5 Reading; Writing or giving confession
0:20	Share Exercise 5.1 - Confession with group Ask each man to read his confession to the group; Ideally, each confession can be shared in 2-4 minutes. Feedback and cross-talk allowed and encouraged after each reading.
1:10	Discuss Post-confession journal entry or notes Messages from person who heard your confession. Your feelings while confessing Your feelings during/after their feedback Your thoughts and feelings when you prayed together. Importance of documenting these words while fresh in your mind.
1:20	Assignments Review the assignments on the Overview for the next session. Deliver your Confession to another person Write your post-confession notes; receive note/email from the person who heard your confession, if possible. Final questions or comments
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

Leader Discussion Guide

Main activity this week – allow each man to share his Step 5 confession with the group.

Main goal – help build confidence to share, provide practice opportunity in a safe place with a safe group. Assist those who are struggling with their draft by allowing them to hear what others have written and to share any partial writings they might have.

Prepare each man to write his post-Confession notes.