



6:30pm Bible Study: Pastor Chip Luter

Wednesday, May 27, 2026

## Confess to One Another: The Door to God's Healing James 5:16

### Sunday Sermon Recap

- 1.) The \_\_\_\_\_ About Confession
  - Confession is *commanded, communal, relational, and leads to healing.*
- 2.) The \_\_\_\_\_ With Confession
  - Disobedience, doubt, and fear.
- 3.) The \_\_\_\_\_ Through Confession
  - Trust God's Word, ask God for wisdom, and take the step: confess and pray.

### I. The Practice: Confess and Pray

- Confession brings sin into the *light* (Proverbs 28:13)
- Prayer brings our burdens before *God* (James 5:13-16)
- Confession brings it into the light...prayer places it into God's hands.

### II. The Purpose: That You May Be Healed

- Holistic healing is God's goal - spiritual, emotional, relational, physical, and mental.

### III. The Power: The Prayer of the Righteous

- The "righteous person" is not perfect, but someone *walking with God*.
- Prayer is powerful and effective.
- Confession is the doorway...prayer is where God does the work.

### IV. The Path: Living This Out

- **Take the First Step**
  - Ask: What am I hiding?
  - Identify someone you trust.
  - Don't delay
- **Trust the Process**
  - Healing is a *process*, not an event. Everyone's journey looks different.
- **When You Open Up**
  - A burden is lifted.
  - Pressure is released.
  - What stays bottled up doesn't stay still—it shapes you.

- **The Danger of Secrecy**
  - “I can’t tell anyone...”, “I’ll take this to the grave...”
  - Secrets gain power in isolation.
- **Find the Right Support**
  - Mentors / accountability partners
  - Small groups
  - Celebrate Recovery/Support group
  - Counseling
  - Healing grows best in consistent community
- **Be a Safe Person**
  - Create a safe space
  - Listen with compassion
  - Pray faithfully
  - Your response can either open the door... or shut it.
- **The Danger of Isolation**
  - When we isolate...nobody can get in...but we also can’t get out.
- **Health vs. Perfection**
  - We are called to pursue health, not perfection.

### **Scriptures For Personal Study**

- James 5:16
- Proverbs 28:13
- 1 John 1:9
- Psalm 51
- Psalm 32:3-5
- Acts 19:18
- Galatians 6:1-2

### **Closing Thought**

Confession opens the door...but prayer is where God brings healing!