

Exploring Prayer 3 – Saying sorry

This session looks at the topic of saying sorry, sometimes called confession. It explores why saying sorry is important, what happens when we say sorry, and how we can say sorry.

- How have you found praying since last week? Share some silly things you had to say sorry for as a child!

When everyone has shared, watch *Exploring Prayer part 3: Saying Sorry*.

Discussion

The following questions may help to guide the discussion:

- How did you feel about what the Archbishop shared?
- Was there a moment in the video that challenged you?
- Was there a moment that you particularly relate to?
- What did you think about the way saying sorry closes gaps between us?
- How easy do you find it to say sorry to other people?
- How easy do you find it to receive God's forgiveness?
- Are you good at forgiving yourself?
- Have you ever had to forgive an enemy?

Bible

Read Psalm 51

- How many different words for sin are in this prayer?
- What is God asked to do about sin? (look at the verbs).
- Verse 10 is the central sentence. How does it centre the prayer?
- What is it that is so powerful about forgiveness?

Response

One of the suggestions was to write down things that are on your conscience and then destroy the paper. You could do this as a group, allowing time in silence for reflection and writing then destroy them together. You could take turns to say sorry to God, tear up the paper and put it in a bin. At the end, one person could pray for everyone, that God might provide healing, and let them know afresh of his forgiveness.

Resolve to spend time in prayer in the coming week.