
LTG Questions for Confession:

Here are the suggested questions. Over the years our groups have discovered different ways to confess so they may be adapted and there are different versions listed below.

1. Have you been a testimony this week to the greatness of Jesus Christ with both your words and actions?
2. Have you been exposed to sexually alluring material or allowed your mind to entertain inappropriate thoughts about someone who is not your spouse this week?
3. Have you lacked any integrity in your financial dealings this week, or coveted something that does not belong to you?
4. Have you been honoring, understanding and generous in your important relationships this past week?
5. Have you damaged another person by your words, either behind their back or face-to-face?
6. Have you given in to an addictive behavior this week? Explain.
7. Have you continued to remain angry toward another?
8. Have you secretly wished for another's misfortune so that you might excel?
9. Did you finish your reading this week and hear from the Lord? What are you going to do about it?
10. Have you been completely honest with me?

Simplified list by Phil Helfler:

1. Have you experienced God in your life this week?
2. What is God teaching you?
3. How are you responding to his prompting?
4. What sin do you need to confess?
5. How did you do with your reading this week?

A really simple list:

1. What is God telling you?
2. What are you doing about it

Scripture prayers you can use:

1. I pray, Lord, that You draw ____ to Yourself (John 6:44).
2. I pray that ____ seeks to know You (Acts 17:27).
3. I pray that ____ hears and believes the Word of God (1 Thess. 2:13).
4. I ask You to prevent Satan from blinding ____ to the truth (2 Cor. 4:4; 2 Tim. 2:25-26).
5. Holy Spirit, I ask You to convict ____ of his/her sin and reveal his/her need for Christ's redemption.
6. I ask You to send someone who will share the Gospel with ____ (Matt. 9:37-38).
7. I also ask that You give me (and/or my fellow disciple) the opportunity, the courage, and the right words to share the truth with ____ (Col. 4:3-6; Eph. 6:19-20).
8. Lord, I pray that ____ turns from his/her sin (Acts 17:30-31; 1 Thess. 1:9-10).
9. Lord, I pray that ____ would put all of his/her trust in Christ (John 1:12; 5:24).
10. Lord, I pray that ____ will confess Christ as Lord of his/her life, take root and grow in his/her faith, and bear much fruit for Your glory (Rom. 10:9-10; Col. 2:6-7; Luke 8:15).



LIFE TRANSFORMATION GROUPS

LTGs are clusters of 2-3 people that regularly meet for accountability and prayer.

valleyhope.church
for more information and to register

Purpose & Layout:

In LTG, we:

- Confess
- Read Scripture
- Pray

Tips for success:

- Commit- aim to meet regularly (can be every week, 2x month or 1 x month).
- Build trust and get to know each other- you can start by a few hang outs and/or sharing life stories
- Use the questions, especially at first, to help with staying on track and practicing vulnerability.
- Have fun! God has called us to community and that brings great joy.
- Keep it same gender.
- Divide after 2-3 weeks if you add a 4th person.
- Pray together every time.

“The goal of having accountability is not just to manage sin, but rather to foster honest relationships that are transparent, caring, and in which healing can come through the confession of sin.” - Neil Cole

This intentional form of meeting encourages us to keep finding new ways to grow in grace and involve ourselves in the mission of God in the Swannanoa Valley. This simple layout is meant to be easily transferable so that we can multiply this form of discipleship.

And please remember:

“Those who are involved in an LTG [need] to submit to the spirit of the system more than the letter of the law. These ten questions are meant to stimulate discussion and open sharing, but they are not in themselves an exhaustive list of all that sin is; nor do they define what true righteousness is” (N. Cole).

1. **Start with confession-**

Use one of the sets of questions provided. Try to get through the whole list of questions every week providing honest answers.

2. **Pray for each other-**

After the time of confession, acknowledge that God is the God who forgives. See the back of the brochure for Scripture to pray for each other.

3. **Read Scripture-**

Some LTG plans suggest you read 25-30 chapters a week but you all can do what you want. It IS great when LTGs commit to the regular reading of Scripture- you pick the amount that is good for you. Your chosen portion of Scripture is meant to be read over and over so that it truly saturates your soul. It isn't meant for discussion but for your own growth & edification.

- ✦ Pick a book or books of the Bible to read for the week.

Examples:

Shorter book (Ephesians or Jonah)-

Read 5-7 x a week

Moderate (1 Corinthians or Romans)-

Read 2x a week

Longer (Proverbs, Revelation, or Acts)-

Read 1 x week

- ✦ Commit to your own Bible reading plan, even if it is different than your LTG partner
- ✦ Read another spiritual book together.

It is not a failure to NOT answer the questions, pray or complete your reading. These things are meant to stretch the group and keep you on track and help you enjoy God and each other.