



SPAR Module: Confession and Worship

By Brian Childres

James 5:16 gives us a great promise: when we confess our sins to each other we are healed. Bottom line, transformation and freedom always follow Biblical confession. But oftentimes, men do not experience the adrenaline rush of confession. Why? They stop too short. The goal of confession is to get back to the cross, receive the gift of total forgiveness, and worship the wonderful God who loves us without expectations.

- Step 1 - Sin List: write these out or speak them several times. Allow the men time to write these down if needed.
 - Sexual sins,
 - Unbelief
 - Pride
 - Bitterness/unforgiveness
 - Critical words/ thoughts
 - Shame – believing the lies about who you are
 - Selfish expectations
 - Heart issues – greed, laziness, coveting
 - Idols that have crept back in life.
- Step 2 - Now, let's take 3 minutes to allow the Holy Spirit to convict for any UNCONFESSED sins. Write them down.



- Step 3 - Next, Let's confess these out loud in the place of prayer. Please be honest and vulnerable. Your honesty will give the other brothers courage to confess their unconfessed sins. I will go first and then we will go to my left.
- Step 4 - Let's be silent for a moment. Maybe the confession of another brother reminded you of another unconfessed sin. Open floor for two minutes if there's any more confession needed. Begin now. (Leader go first if you have more confession to do)
- Step 5 - Silence - Is there anything else? Can be up to 2 minutes
- Step 6 - Ok men. Now is the most important part! Close your eyes and let's reflect on the cross. (Silence for a few seconds). Say something similar to - We are forgiven. What Jesus did on the cross was more than enough for all our sins, past and future. We are free! We are clean! No more shame, no more embarrassment, no more fear. It is as if we have never sinned in our entire life. What a gift. Let's take a few more moments of silence and deeply drink of the total forgiveness that Father God is giving us right now. (30 seconds of silence)



- Step 7 - Now, let's put a voice to our gratitude. You can pray out a declaration of who you are as a forgiven son if you desire. Feel free to worship and give praise to Father God for this freedom, for the chance to start life all over. Let's take a few seconds to prepare our hearts, and then I will go first and then we will go to my left.
- Step 8 - Let's take a few more seconds of silence. (10 seconds). Ok men. I needed that! What did God do in your heart during that God encounter in 60 seconds or less? Open floor.

Below is the link for the video instructions on this module.

<https://youtu.be/jGvKOTINR14> What are your greatest fears?



We have discovered that men can only be spiritually healthy when they are intimately connected with other men. Once this connection takes place, spiritual growth accelerates. Husbands begin to love and serve their wives. Dads begin to spend more time with their children. The local church benefits greatly: more mature and committed leaders.

We have witnessed many churches be greatly impacted by men relationally discipling other men. The ripple effect can be huge. Whether you choose to host a Men's Bootcamp or start a new SPAR Group, spiritual renewal is just waiting to happen. Men are hungry for discipleship opportunities that make them come alive. Let us serve you!

Join us in the pursuit of authentic masculinity

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