

Ignite Week #1 Lesson

Scripture: Luke 22:31a

Chapter One: *The Necessity of Confession and Conviction in Prayer*
Pages 12 -25

Main Point:

This group is being held not because it's the right thing to do or because it's the religious thing to do, but because prayer is the key to having a thriving relationship with God. It is the health of your relationship with God that will determine how you survive the most difficult challenges in life.

Group Questions:

- What has been the most difficult challenge that you have ever faced?

- Who did you think to go to first for help?

- Throughout Scripture when Jesus was in trouble He went to God in prayer as His answer.

- This week's theme: Confession and Conviction

- Read: Luke 22:31a & Genesis 2:23-25

- One of the greatest challenges in life is getting through the projected self in order to get to the actual self. Only there does change happen.

- God wants to speak with you and not your representative.

- Are you always the real you with God?

- Many of us have created an image of who we are and it's not just for the people, but until we remove the mask, we aren't dealing with who God has really created us to be.

Group Questions:

- What types of masks do people wear today?

- What types of masks do we wear at home, at work, with our friends, etc.?

- Genesis describes Adam and Eve as being naked and not ashamed, because there was no sin. (No masks)
- Sin is what separates us from God and causes the shame.
- The way you get rid of shame is to own your sin and turn from it.
- Confession is the only way to be set free from sin. You can only confess your sins to God through prayer.

Group Questions:

- What makes confessing our sins so difficult?

- When was the last time you really confessed your sins to God?

Read: Luke 22:39-46

- Jesus is always our example. In this Scripture, He honestly did not want to bear the cup.
- In His confession, He was then convicted to understand that this cup was His cup to bear.
- His conviction is made known when He says, “nevertheless not My will, but Yours be done.”

Group Questions

- When was the last time you were convicted into taking godly action?

- Do you have an accountability partner(s) to help you in this process of hearing from God and following through with God’s directives?

- Jesus was convicted and it pushed Him into action.
- Imagine if Jesus wasn’t convicted to act on our behalf.
- What if He didn’t take up the cup and our sins?
- Have you been convicted to forgive, or be generous, or encourage someone? Did you follow through with what God was leading you to do?
- In what specific area of your life are you ready to say, “Lord, not my will, but Your will be done?”

Suggested Group Activities For This Week:

- Create accountability groups/teams in order to facilitate growth in each group member.
- Implement a daily prayer call for the group by establishing a specific length and time of call, and create a covenant that includes things like confidentiality, transparency, and consistency.
- During each prayer call, one person should read the scripture provided in *Ignite* for that day, share a brief reflection, and then lead the group in prayer.
- Commit as a group to pray weekly for the names of friends and family members who are currently struggling in their faith or **who are distant** from God in this season of life.

