



Experiencing True Confession

James 5:16

- 1. Stay out of your own experience - focus intently upon your partner's soul.**
- 2. Do not apologize or seek forgiveness until directed to do so.**

1. Describe what it is that you have done to hurt your partner.
2. Ask your partner to share with you three feelings he/she has that came out of that experience _____, _____, _____.
3. Ask your partner to share with you why he/she chose those particular words. Write down the reasons given.

4. Reflect back to your partner exactly what has been shared with you.
5. Share with your partner how you can perceive what God feels about him/her as he/she went through that hurt and felt those feelings. (Do not focus on yourself; we all have a tendency to do so. Stay away from angry, disappointed, frustrated, etc...this is about you. Go beyond this to what God is feeling for your partner.)
6. Take a moment of silence and allow yourself to feel what God feels for your partner. (If you perceive that God feels sadness for your partner, then allow yourself to feel that same sadness.)



7. Share with your partner your hurt for what they have had to experience based upon your perception of how God feels. As a result of what you did to them. Do so by finishing these sentences:
 - A. It saddens me that I...
 - B. It grieves me that you...
 - C. It breaks my heart that...
 - D. I feel sorrow because...

8. Ask your partner for forgiveness and pray for the specific damaged areas of hurt. Seek God's forgiveness in front of your partner.