Confession Questions

Adapted from page 280 of *Spiritual Disciplines Handbook* by Adele Ahlberg Calhoun. First edition copyright (c) 2005 by Adele Ahlberg Calhoun. Used by permission of InterVarsity Press, Downers Grove, IL. www.ivpress.com

Take several slow deep breaths. Invite God into your heart to show you what he would like you to see.

- What occupies most of your time and attention?

- Where is your first love these days?

- What relationships need attention?

- What temptations knock you for a loop?

- Where do you rationalize, deny, and blame?

Open your hands and release these things to God. Confess what you need to. Ask him for his help with these things. Thank him for his forgiveness. Read through Psalm 32.