

# Practice

**This week, we invite you to find a confessor and confess your sins.**

Jesus has come to set us free from sin and its shame, and to connect us to God and to each other in a bond of love.

## Find a confessor

- A confessor could be a trusted friend, pastor, mentor, therapist, or spiritual director — anyone who you feel safe with and believe would love you no matter what.
- Ask them to get together and let them know you want to share how you're really doing.

## Confess your sins

- You can start small by just naming an ongoing struggle in your life. Or, depending on the level of trust and the relationship, you can be more vulnerable.
- Be discerning in what you share, but we invite you to be courageous in taking this step deeper into community, and towards healing.

## If you're the one receiving the confession:

- Listen with attention, attunement, and a heart of compassion. When they are done, you can say, "In Christ's name, you are forgiven."
- If you want, you can also say something like, "I've never loved you as much as I love you right now." Community is the place where we come out of hiding and experience the love of God through each other.