

**Life in High Definition**  
**Gathering Groups Discussion Question:**

**Ice Breaker:** What is something that you are really good at doing?

**Question #1:**

- What was the main point of this sermon?
- What is something that you think was the most important point for you?

**Question #2:**

- Read James 5:16.
- What are the results of confession?
- How have you experienced this in the past?

**Question #3:**

- What are some of the ways that statements like “I’m sorry,” or “I’m a terrible person” actually derail confession?
- What are some ways that this has hindered your own confession and growth?

**Question #4:**

- What are the three parts of true confession?
- Why is confession so important for our relationships with each other?