

Growth Group Discussion Q's

March 15, 2026

- **Fun Discussion Starter:** If you could make the ultimate sandwich, what would be on it?

“Horizontal Honesty”

- Message by Dennis Barrett
- Text: 1 John 1:5-10

Introduction

Dennis talked about times when we try to cover over what's really going on in our heart or life circumstance by replying “I'm fine” when someone asks us how we are.

- Do you relate to this?
- Where there any conversations after hearing the message on Sunday when you said, “fine” but didn't feel okay to say more if that were untrue?
- Did you ask anyone else if their “fine” was actually their reality?

Vertical Honesty

First, we must be honest with God, who already knows everything there is about us.

- Read 1John 5:8-10
- Even though God already knows everything about us, there is an ongoing work that God performs when we name our sin and confess it before him. How will God respond, according to v.9, when we confess our sin to him?
- What other kinds of work might God be performing in our heart when we acknowledge and confess our sin to him?
- Do you generally feel better or worse when you confess your sin to God?

Horizontal Honesty

The next step that God has prescribed for our spiritual, relational and emotional growth is to confess our sins to one another.

- James 5:15-16 instructs us to confess our sins to one another and pray for one another to bring about healing and wholeness. Why do you think confessing our sin to someone else is helpful?
- Consider the following three statements about confession:
 - Confession removes the isolation of sin, leading to healing of relationships with God, others, and yourself.
 - Confession allows for mutual support and prayer in overcoming faults.
 - Confession cultivates a culture of honesty and vulnerability within the community.
- Do you think the above statements have merit?

- Have you experienced any of the above when you entrusted a particular fault or struggle with sin to a trusted friend?
- Honest confession requires trust and safety. How is that built in a friendship or small group?