

Processus Confessionis: A Group Confession Worksheet

The activities and questions suggested on this worksheet may be used during the “Responding to God’s Call” portion of Suggestions for Leaders. They invite you to respond to God’s call as it has been discerned in your study of a particular beatitude and offer a process that is designed to assist

you in the writing of your confession, ultimately giving shape to your actions. As you return to this process at each session, you will explore the connections between what the beatitude under study meant to the original audience, how our Reformed brothers and sisters interpreted the implications of

this teaching when they wrote the Accra Confession in 2004, and what this means for daily life as you now live it in your particular context. By spending a portion of each session writing your confession, you will be engaging in a spiritual practice that joins belief to action. Be blessed, as you make your confession!

Bringing the Beatitudes into the Twenty-first Century

Read the sections of the Accra Confession that correspond to this particular lesson, then answer the following:

- What connections do you see between this portion of the Accra Confession and the beatitude studied in this lesson?
- According to the Accra Confession, how are our Reformed brothers and sisters choosing to honor those whom God is honoring in this beatitude?
- How do the words in this portion of the Accra Confession resonate with you? How do they cause you unease? What questions do they raise?

Writing Your Confession

Read the author’s personal confession, found at the end of each lesson, arising from her own reflection on each beatitude. Answer the following questions in light of the particular beatitude studied in this lesson.

What is the truth that you are led to tell about God and God’s gracious ways?

What is the truth that you are led to tell about those who are named in this beatitude, as they are found in your current context?

What is the truth you are being led to tell about yourselves? Are there sins and shortcomings that you would like to confess as individuals and as a congregation? List them. Are there signs of hope and transformation that you would like to celebrate? List these as well.

What specific action(s) are you being called to take so that you might live into this confession?

After you have written your confession, read it aloud (and in unison, if you are in a group setting). Be sure to keep a copy of what you have written and bring it to your next meeting. Remember, this is a work in progress! After each lesson, you will write one portion of a single confession that will, in the end, be made up of nine sections. At the end of each lesson, read through your confession, beginning with Lesson One.

The above design offers one option for creating your confession. You might want to replace or supplement this process with an artistic expression. Design a banner or quilt, write a song or litany, create a video, or dance your confession! Use the creative gifts that God has given to your group, and consider how you might share the results with your congregation, your community, and the larger body of Christ.