THE ONE-ANOTHER LIFE | FREE RESOURCE

Confess to One Another

A Starter Guide for Two

Companion to Post 3 — James 5:16

This isn't a form to fill out alone. It's meant to be used with another woman — a mentor, a mentee, a friend in Office Hours, or a Mentor Match partner — in an actual conversation, with pen and paper nearby if you want to write anything down first.

Start wherever feels honest, not necessarily at the top. Move at the pace of trust, not the pace of the page. Either woman can ask, either can answer. You don't have to get through all of it in one sitting.

To Ease In

- What's something you're quick to admit about yourself, and something you're slow to admit?
- When you hear the word “confession,” what's the first feeling that shows up?
- Is there a sin you've confessed to God many times but never said out loud to another person?

To Go Deeper

- What's a struggle you've had for years that almost no one knows about?
- What are you most afraid would happen if you said it out loud to me?
- Where do you feel stuck — not because you don't know what's true, but because you haven't said it to anyone?

The Weight of It

- Is there something you need to confess right now, in this conversation?
- Who have you let believe you're doing better than you are?
- What would it mean for you if I prayed for you about this, specifically, today?

If a question opens a door you weren't expecting, follow it. The point was never to finish the list — it was to stop hiding something in the dark.

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Our Confession Covenant

A shared agreement, spoken — not signed

Before you use the Starter Guide, read this together out loud. It isn't a contract to sign — confession works best inside a relationship, not a form. Say these as promises to each other, in your own words if you'd rather. You'll know you've agreed to it because you both said it, not because you both signed it.

We agree...

- To let trust build slowly. Neither of us has to say everything today.
- To respond with grace, not shock — no matter what's said in this conversation.
- To keep what's shared here between the two of us, and not repeat it to anyone else without permission.
- Not to fix, lecture, or rush toward a solution — to simply listen, and pray.
- That confession isn't the end of the relationship — it's the start of being known and loved anyway.

“Confess your sins to one another and pray for one another, that you may be healed.” — James 5:16

You don't need to sign this. You only need to mean it — and to say it to each other before you begin.