

together.

# Session 4

The Cost of Community

# Day 01 Devotional

*James 5:16 "Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working."*

## Be still

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## Read

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## Examine

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## Apply

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## Devote to prayer

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# Day 02 Devotional

*Galatians 6:2 "Bear one another's burdens, and so fulfill the law of Christ."*

## Be still

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## Read

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## Examine

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## Apply

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## Devote to prayer

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# Day 03 Devotional

*Matthew 26:36–38 “Then Jesus went with them to a place called Gethsemane, and he said to his disciples, ‘Sit here, while I go over there and pray.’ And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. Then he said to them, ‘My soul is very sorrowful, even to death; remain here, and watch with me.’”*

## Be still

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## Read

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## Examine

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## Apply

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## Devote to prayer

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# Day 04 Devotional

*Hebrews 10:24–25 “And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.”*

## Be still

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## Read

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## Examine

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## Apply

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## Devote to prayer

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# Day 05 Devotional

*Ephesians 4:31–32 “Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”*

## Be still

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## Read

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## Examine

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## Apply

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## Devote to prayer

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**Watch the  
teaching video  
for session 04  
here**



or visit [clearcreekresources.org/8practices](https://clearcreekresources.org/8practices)

## Discussion Questions

1. M. Scott Peck's "pseudo-community" describes groups where everyone is pleasant but nothing costly is shared. Have you experienced this? What kept it shallow?
2. Why is hiding parts of ourselves a form of self-preservation rather than just laziness or busyness? How does shame drive that instinct?
3. Tim Keller says being fully known but not loved is our greatest fear, while being fully known and fully loved is like being loved by God. Where have you experienced (or longed for) that combination in community?
4. James 5:16 calls us to confess sins to one another, not just to God. Why might horizontal confession matter for healing, not just vertical confession?
5. Paul uses the word *baros* (a crushing weight) in Galatians 6:2 for burden-bearing. What's the difference between offering someone comfortable, distant support and actually coming under their weight?
6. Jesus asked Peter, James, and John to stay awake and pray with him in Gethsemane. What does it mean that even the Son of God wanted human presence in his darkest hour?
7. The session names an important exception: in cases of abuse or genuine danger, leaving isn't a failure of commitment. Why is it important to hold both the call to costly commitment and this exception together?
8. What's one relationship in your life right now where you sense God inviting you toward more vulnerability or more staying power?

## Exercise

Shame survives in secrecy and loses its power in the light — but confession is only half the practice; staying afterward is the other half.

- This week, choose one person you trust and confess something specific you've been hiding — a sin, a struggle, a fear — not vaguely, but honestly.
- Ask them to pray for you in that moment, not just to listen.
- Then, commit to checking back in with them in a few days — not to report progress, but simply to stay connected in it, resisting the urge to disappear once the hard conversation is over.
- As you end this exercise, discuss with your group: What almost kept you from confessing? What was different about being prayed for versus just being heard?