



Habits of a Disciple – Worship and Confession

Ollie Ryan – 18 Jan 2026 (watch talk [here](#))

Ollie introduced these corporate spiritual disciplines, encouraging us to consider our spiritual formation as something that happens together in church community, not just in the personal, private sphere of our lives. As a church we are called to live differently; rather than thinking only about how do **I** grow, we consider how do **we** grow, together.

Worship

Worship cultivates unity

Matt 5:23-24 shows us that we cannot compartmentalise our worship to God from our relationships with one another. In worshipping together, we declare our affection for God is more important than the differences we have.

Confession

Ollie encouraged us in this practice that requires humility, honesty and courage. Through confession, we bring things into the light so that God's grace can meet us and our healing can begin. Confession takes us out of hiding and frees us from our shame. We can seek forgiveness and receive help to work towards freedom from sin.

Key verses

- James 5:16
- Proverbs 28:13
- 1 John 1:8-9

Confession is also our privilege. John 20:21-23 encourages us that we can partner with Jesus as we hear one another's confessions and declare God's forgiveness over one another.

Reflect and discuss

- How does 'unity' in worship differ from 'uniformity' in how we express our faith?
- What are your reflections on the call to move from an individualistic approach to worship to an others-focused approach?
- How has gathering with other believers in worship and/or confession shaped you to be more like Jesus?
- Ollie encouraged us to find the safe people and places where we can bring things we may have hidden, into the light. What could this look like for you?
- What might you need in order to feel safe to be humble, honest and courageous in confession to others? How could you offer this to others?