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**NEW
COVENANT
REALITY**

*Understanding Identity, Confession of Sin, and Victory
in the New Covenant*



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FACILITATOR AND TEACHING GUIDE

The New Covenant Reality Facilitator and Teaching Guide

Based on *The New Covenant Reality: Understanding Identity, Confession of Sin, and Victory in the New Covenant* by Thomas T. Hale, D.D.

PURPOSE OF THIS GUIDE

This facilitator and teaching guide is designed to help leaders guide individuals, small groups, discipleship classes, and church teaching environments through *The New Covenant Reality* in a thoughtful, prayerful, and practical way.

Its purpose is not merely to summarize the book or provide discussion material, but to equip the facilitator to lead participants into a deeper understanding of New Covenant truth and a more personal agreement with what Christ has accomplished.

The guide helps leaders draw attention to the language of identity, the difference between conviction and condemnation, and the practical importance of speaking in agreement with Scripture rather than shame, accusation, or old religious habits.

The guide follows the book's central movement from Old Covenant consciousness of sin, through the finished work of Christ, into New Covenant identity, confession, fellowship, and victory.

Each session is structured to help the facilitator move from explanation to engagement: first clarifying the chapter's main idea, then grounding it in Scripture, then inviting honest discussion, and finally guiding participants toward a concrete response of faith.

Learning objectives, teaching notes, discussion questions, application exercises, prayer prompts, summary points, and facilitator quick-start prompts are included so the leader can teach with clarity while still allowing room for the Holy Spirit to bring personal conviction, encouragement, and renewal.

HOW TO USE THIS FACILITATOR GUIDE

This guide is written primarily for the person leading the study, whether that leader is facilitating a small group, teaching a class, mentoring a disciple, or guiding a ministry team through the material.

Each session gives the facilitator enough structure to teach clearly while still leaving room for discussion, prayer, personal application, and the work of the Holy Spirit. The leader does not need to lecture through every idea in the book; rather, the leader's task is to help participants understand the central truth of each chapter, see it in Scripture, examine where their thinking or language may need renewal, and practice speaking the truth in their own words. Use the outlines as a teaching path, the questions as conversation starters, and the application exercises as moments where participants move from hearing truth to agreeing with it personally.

- **Before the session:** Read the assigned chapter, review the big idea, choose the most important Scriptures, and pray through the application focus.
- **During the session:** Keep the group centered on Scripture, invite honest reflection, and guide discussion toward New Covenant agreement rather than debate alone.
- **After the session:** Encourage participants to practice one confession, one prayer, and one concrete step of obedience before the next gathering.

RECOMMENDED FORMAT

- **Length:** 7 sessions, 60–90 minutes each.
- **Best setting:** Small group, discipleship class, men's or women's Bible study, leadership training, or personal study.
- **Primary rhythm:** Read before gathering, teach the key truth, discuss Scripture, apply personally, pray in agreement.
- **Suggested preparation:** Each participant should read the assigned chapter before the session and mark sentences that challenge old identity language.
- **Core question for every session:** What does this truth teach me to stop confessing, and what does it teach me to say instead?

MATERIALS NEEDED

- A Bible for each participant or shared access to the key passages.
- A copy of the book or assigned chapter for each participant.
- This facilitator guide for the leader.
- Notebook or journal pages for reflection, written confession, and application exercises.
- Optional printed copies of the Personal Study Worksheet and New Covenant Confession Practice.

FACILITATOR GUIDANCE

Lead each session with a simple pattern: open with a real-life question, clarify the chapter's main idea, explore the key Scriptures, invite honest discussion, and end with a concrete response. The strongest sessions will focus less on delivering impressive information and more on helping participants encounter Scripture, recognize old identity habits, and respond to Christ with faith.

Prepare personally first. Before teaching, ask where the chapter confronts your own thinking, vocabulary, or patterns of confession.

Keep Scripture central. The book's argument depends on biblical texts such as Hebrews 8–10, Romans 6–8, 2 Corinthians 5, Ephesians 1–2, and 1 John 1–2.

Guard the tone. This study should produce confidence, not arrogance; repentance, not shame; honesty, not denial.

Invite participation. Let group members process aloud, especially where old labels or condemnation have shaped their prayer language.

End with practice. Each session should conclude with a spoken confession, prayer, journaling exercise, or specific act of obedience.

STANDARD SESSION FLOW FOR FACILITATORS

Segment	Suggested Time	Facilitator Action
Opening and Prayer	5–10 minutes	Welcome the group, briefly name the session focus, and pray for humility, clarity, and agreement with Scripture.
Review and Connection	5–10 minutes	Connect the current session to the previous one so participants see the book's movement from Old Covenant thinking to New Covenant identity.
Teaching Segment	20–30 minutes	Use the teaching outline to explain the chapter's main truth, read key Scriptures, and clarify important terms without overloading the group.
Group Discussion	20–30 minutes	Ask open questions, listen carefully, and help participants move from general answers to personal reflection.
Application Practice	10–15 minutes	Guide the group to write, speak, or pray one New Covenant truth in first-person language.
Closing Prayer	5 minutes	Close with prayer that reinforces the session's truth and invites continued practice during the week.

FACILITATOR RESPONSIBILITIES

- **Teach the text, not opinions.** Keep the lesson anchored in the assigned chapter and its key Scriptures.
- **Protect the atmosphere.** Encourage honesty without allowing shame, accusation, or harsh correction to dominate the room.
- **Clarify terms simply.** When Greek or Hebrew words appear, explain them as tools for understanding, not as academic distractions.
- **Draw out personal application.** Ask participants how the truth changes their prayers, language, confession, and response to failure.
- **Model New Covenant speech.** Speak as one who believes Christ's work is finished, the believer's identity is settled, and confession is agreement with God.

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COURSE AT A GLANCE

Session	Reading	Main Emphasis	Desired Outcome
1	How to Use This Book, Preface, Chapter 1	Identity language and the problem of confessing “a sinner” after failure	Participants recognize how words reveal identity agreement.
2	Chapter 2	The Old Covenant, repeated sacrifice, and sin-consciousness	Participants understand why the Old Covenant could expose sin but not complete the worshipper.
3	Chapter 3	The New Covenant, Christ’s one sacrifice, and the believer’s access	Participants see the finality and sufficiency of Christ’s finished work.
4	Chapter 4	The Cross as the end of the Old Man	Participants learn to put off former identity and put on the New Man.
5	Chapter 5	New Covenant identity statements	Participants identify which truths they need to believe, speak, and practice.
6	Chapter 6	Confession after sin: naming sin without letting sin rename the believer	Participants practice New Covenant confession with honesty and assurance.
7	Conclusion, Prayer, Seven-Day Devotional, Glossary	Integration, review, and ongoing practice	Participants leave with a personal plan for renewed thinking and confession.

SESSION SUMMARY POINTS

Session	Summary Points
1. Identity Language and the Problem of Confessing “a Sinner”	• Failure must be named honestly, but it must not be allowed to define the believer’s identity. • Confessing “I am a sinner” after salvation can reinforce accusation rather than agreement with Christ’s finished work. • New Covenant language begins by asking what God says is true in Christ, not what shame says after failure.
2. The Old Covenant and the Weight of Sin-Consciousness	• The Old Covenant exposed sin and required sacrifice, but it could not remove sin or perfect the worshipper. • Repeated sacrifices trained the conscience through continual remembrance of sin. • The fear, distance, and insecurity of the Old Covenant point forward to the need for Christ’s once-for-all sacrifice.
3. The New Covenant and the Finished Work of Christ	• The New Covenant is not the Old Covenant repaired; it is a new order established by the blood of Jesus. • Christ’s one sacrifice is complete, final, and effective forever, as shown by His seated position at the right hand of God. • In Christ, the believer receives redemption, righteousness, a cleansed conscience, access to the Father, adoption, and the indwelling Spirit.
4. The End of the Old Man	• The Cross was not only where Christ died; it was where the believer’s old identity was crucified with Him. • The Old Man is not improved, negotiated with, or renamed; he is put off as a former identity. • The believer now puts on the New Man, created according to God in righteousness and holiness.

5. New Covenant Identity	• Scripture names the believer according to Christ's finished work, not according to failure, weakness, or former sin. • The believer is accepted, justified, complete, sanctified, indwelt, sealed, seated with Christ, and more than a conqueror. • New Covenant identity is received by grace and practiced through renewed thinking, confession, prayer, and obedience.
6. New Covenant Confession After Sin	• After sin, the Spirit calls the believer into honest agreement, not hiding, denial, or self-condemnation. • New Covenant confession names the sin, rejects the sinner-identity, and reaffirms union with Christ. • Confession restores clarity and alignment with truth; it does not reopen a case that Christ has already answered.
7. Integration, Devotional Practice, and Ongoing Renewal	• The study concludes by bringing the whole argument together: the Old Covenant is fulfilled, the Old Man is crucified, and the believer lives from New Covenant reality. • The devotional helps participants practice daily agreement with Scripture through prayer, confession, and renewed thinking. • The goal is ongoing formation: speaking, praying, and living as one made new in Christ.

FACILITATOR QUICK-START PROMPTS BY SESSION

Session	Leader Emphasis	Opening Prompt	Application Aim
1	Help participants notice how words reveal identity agreement.	What do believers often say about themselves after failure?	Replace one shame-based phrase with a New Covenant confession.
2	Show why repeated sacrifice produced sin-consciousness rather than completion.	Where do people still relate to God as though acceptance is temporary?	Identify one Old Covenant posture to stop practicing.
3	Emphasize the finality of Christ's one sacrifice and His seated triumph.	What does it mean that Christ sat down?	Speak one New Covenant benefit in first-person faith.
4	Clarify that the Old Man was crucified, not improved.	What old label have you been tempted to keep wearing?	Put off one old label and put on one Scripture-based identity truth.
5	Guide participants to personally receive the identity Scripture gives them.	Which identity statement is hardest for you to believe?	Choose one identity truth for daily confession.
6	Teach confession as honest agreement, not renewed atonement or self-condemnation.	What happens in your heart immediately after you sin?	Practice naming sin, rejecting false identity, and reaffirming union with Christ.
7	Bring the whole study together as a sustainable pattern of renewal.	What truth from this study needs to become a habit?	Build a seven-day plan of Scripture, confession, prayer, and obedience.

SESSION 1: IDENTITY LANGUAGE AND THE PROBLEM OF CONFESSING “A SINNER”

- **Assigned reading:** How to Use This Book, Preface, and Chapter 1, “Forgive Me, a Sinner?”
- **Big idea:** A believer should confess sinful acts honestly without confessing an old identity that Christ has crucified.
- **Key Scriptures:** 2 Corinthians 5:17; Romans 6:6; Hebrews 10:1–4; Revelation 12:10.
- **Learning objectives:**
 - Distinguish between confessing sin and confessing a sinner-identity.
 - Identify how accusation influences the conscience through shame-based language.
 - Recognize Old Covenant posture in modern prayer habits.
- **Teaching outline:**
 1. Open by asking: “What words do Christians commonly use after failure?”
 2. Explain the book’s concern: words of repentance can either agree with Christ’s finished work or reinforce accusation.
 3. Contrast “I have sinned” with “I am a sinner” as two very different confessions.
 4. Show how the accuser attempts to turn failure into identity.
 5. Conclude with the chapter’s invitation to examine inherited religious vocabulary.

SESSION 2: THE OLD COVENANT AND THE WEIGHT OF SIN-CONSCIOUSNESS

- **Assigned reading:** Chapter 2, “The Old Covenant.”
- **Big idea:** The Old Covenant exposed sin, required sacrifice, and produced remembrance of sins, but it could not perfect, cleanse the conscience, or change identity.
- **Key Scriptures:** Leviticus 17:11; Hebrews 10:1–4; 2 Corinthians 3:7–9; Romans 7:12.
- **Learning objectives:**
 - Explain why repeated sacrifices could cover sin but not remove it.
 - Describe how the Old Covenant shaped the worshipper’s conscience.
 - Identify fear, distance, and insecurity as signs of Old Covenant thinking.
- **Teaching outline:**
 1. Describe the worshipper bringing an animal sacrifice and identifying with the substitute.
 2. Explain the limitation: the worshipper left forgiven for that transgression, but unchanged in identity.
 3. Teach Hebrews 10 as the key text for understanding shadow, repetition, and remembrance.
 4. Explain Paul’s description of the Old Covenant as a ministry of death and condemnation.
 5. Transition by showing that the Old Covenant was never meant to be the believer’s resting place.

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SESSION 3: THE NEW COVENANT AND THE FINISHED WORK OF CHRIST

- **Assigned reading:** Chapter 3, “The New Covenant.”
- **Big idea:** The New Covenant is not the Old Covenant improved; it is a new order established by Christ’s once-for-all sacrifice, seated triumph, and blood-bought access.
- **Key Scriptures:** Hebrews 8:6–13; Hebrews 10:9–22; Ephesians 1:7; 2 Corinthians 5:21; Romans 8:15; Ezekiel 36:27.
- **Learning objectives:**
 - Explain why Christ’s one sacrifice does not need repetition.
 - Describe the significance of Christ sitting down at the right hand of God.
 - Identify major New Covenant benefits: redemption, union, righteousness, cleansed conscience, access, adoption, and the indwelling Spirit.
- **Teaching outline:**
 1. Contrast “improvement” with “replacement”: the first covenant was made obsolete by the new.
 2. Teach Hebrews 10:11–12: priests stood daily, but Christ sat down after one sacrifice.
 3. Walk through the chapter’s benefits of the New Covenant one by one.
 4. Emphasize that the believer approaches God from union with Christ, not distance from God.
 5. End with the difference between striving for acceptance and living from acceptance.

SESSION 4: THE END OF THE OLD MAN

- **Assigned reading:** Chapter 4, “The End of the Sinner.”
- **Big idea:** The Cross did not merely improve the old self; it judged and ended the Old Man so the believer could live from the New Man created in Christ.
- **Key Scriptures:** Galatians 2:20; Romans 6:6–7; Ephesians 4:22–24; John 3:3–6.
- **Learning objectives:**
 - Understand the believer’s co-crucifixion with Christ.
 - Distinguish between the Old Man as former identity and the New Man as present identity.
 - Practice “putting off” old labels and “putting on” truth.
- **Teaching outline:**
 1. Begin with the statement: “The Cross was not only where Christ died; it was where the believer died.”
 2. Teach Galatians 2:20 as the foundation for a new life, not merely improved behavior.
 3. Explain “put off” and “put on” using the clothing image: old identity is no longer proper clothing.
 4. Clarify that sanctification is not negotiating with the Old Man but living from the New Man.
 5. Connect the chapter to the next session: if the sinner died, what name does Scripture now give the believer?

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SESSION 5: NEW COVENANT IDENTITY

- **Assigned reading:** Chapter 5, “New Covenant Identity.”
- **Big idea:** Scripture names the believer by Christ’s finished work, not by failure, accusation, or former identity.
- **Key Scriptures:** Ephesians 1:6; Romans 5:1; Colossians 2:10; Romans 6:11; 1 Corinthians 6:11, 19; Ephesians 1:13–14; 1 Peter 2:9; Romans 8:17; Ephesians 2:6; Romans 8:37.
- **Learning objectives:**
 - List the identity truths emphasized in the chapter.
 - Discern which identity truth is hardest to believe personally.
 - Practice replacing accusation with Scripture-based confession.
- **Teaching outline:**
 1. Open by asking: “If Scripture were naming you today, what words would it use?”
 2. Teach that New Covenant identity is received, not achieved.
 3. Move through the chapter’s identity statements as covenant realities, not motivational slogans.
 4. Emphasize that behavior matters, but behavior does not get the final word over identity.
 5. Invite participants to choose one identity statement for daily confession.
- **Facilitator note:** This session may be the most personal for participants. Move slowly, invite honest responses, and help the group distinguish between knowing a doctrine and personally agreeing with it.
- **Identity confession practice:**
 - **Accepted in the Beloved:** I am received by the Father because I am in the Son.
 - **Justified:** God has declared me righteous in Christ.
 - **Complete in Him:** I do not lack what is needed for acceptance before God.
 - **Dead to sin:** Sin may tempt me, but it does not define or master me.
 - **Sanctified:** I belong to God and have been set apart for Him.
 - **God’s temple:** The Holy Spirit dwells in me.
 - **Sealed with the Spirit:** I bear God’s mark of ownership and promise.
 - **Royal priesthood:** I have access, dignity, and a calling to represent God.
 - **Heir of God:** I live from sonship, not from wages earned.
 - **Seated with Christ:** I resist from Christ’s finished victory and settled rest.
 - **More than a conqueror:** Christ’s love and victory define the battle’s outcome.

SESSION 6: NEW COVENANT CONFESSION AFTER SIN

- **Assigned reading:** Chapter 6, “When We Sin?”
- **Big idea:** New Covenant confession names sin honestly, refuses sinner-identity, and reaffirms union with Christ.
- **Key Scriptures:** 1 John 1:7–9; 1 John 2:1; Romans 8:1; 1 Corinthians 6:11; 1 Corinthians 6:17; 2 Corinthians 5:21; John 21:15–17.
- **Learning objectives:**
 - Explain confession as agreement with God rather than renewed atonement.
 - Practice the three-part pattern: name the sin, reject the identity, reaffirm union.
 - Help participants respond to failure without hiding, denial, or condemnation.
- **Teaching outline:**
 1. Begin by asking: “What happens in your heart immediately after you sin?”
 2. Describe the three voices in the aftermath of sin: flesh hides, accusation condemns, the Spirit brings truth into the light.
 3. Teach the distinction between confessing sins and confessing a sinner-identity.
 4. Walk through the three-part pattern of New Covenant confession.
 5. Read the suggested confession in the book and invite participants to adapt it personally.

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SESSION 7: INTEGRATION, DEVOTIONAL PRACTICE, AND ONGOING RENEWAL

- **Assigned reading:** Conclusion and Summary, My Prayer for You, A Seven-Day Devotional, and the Glossary of Key Biblical Terms.
- **Big idea:** The truths of the New Covenant must become a daily pattern of thinking, speaking, praying, and walking.
- **Key Scriptures:** Hebrews 4:16; Hebrews 10:14; Ephesians 4:22–24; Ephesians 2:6; Colossians 3:3; Romans 8:37.
- **Learning objectives:**
 - Review the book’s main argument from Old Covenant shadow to New Covenant reality.
 - Use the devotional to create a daily practice of confession and renewal.
 - Understand key terms well enough to explain them simply to someone else.
- **Teaching outline:**
 1. Review the whole journey: accusation, Old Covenant limitation, New Covenant finality, death of the Old Man, new identity, and confession after sin.
 2. Read selected lines from “My Prayer for You” as a corporate prayer.
 3. Assign the Seven-Day Devotional as a follow-up week of personal practice.
 4. Use the glossary to review important words such as covenant, righteousness, conscience, confession, access, adoption, and Old Man.
 5. Close by inviting participants to share one truth they will continue practicing.

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