

COMING CLEAN
Getting Healthy Again
Part 4 of 8

Matthew 5:8 *"Happy are the pure in heart."*

Step Four: I must openly examine and confess my faults to myself, to God and to someone I trust.

"What happiness for those whose guilt has been forgiven. What relief for those who have confessed their sins and God has cleared their record." Psalm 32:1-2 (Living Bible)

I. WHY DEAL WITH MY GUILT?

1. If I deal with my guilt, I'll gain _____.
2. If I deal with my guilt, my _____ will improve.
3. If I deal with my guilt, I'll have a better _____.

Guilt cannot change the past, just like worry cannot change the future!

II. HOW TO REMOVE GUILT

1. _____ – take a personal moral inventory

"Let us examine our ways." Lam 3:40 (NLT)

"Search me O God, and know my heart. Test my thoughts, point out anything You find in me that makes You sad." Psalm 139:23-34 (Living Bible)

2. Stop the _____ Game!

"The Lord gave us a mind and a conscience. We cannot hide from ourselves."
Prov. 20:27 (GN)

3. Let God do the deep _____.

"If we freely admit that we have sinned, we find God utterly reliable. He forgives our sin and makes us thoroughly clean from all that is evil." 1 John 1:9 (GN)

"No matter how deep the stain of your sin is, I can take it out and make you clean as freshly fallen snow." Isaiah 1:18 (Living Bible)

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4. Tell a _____ .

"Admit your faults to one another and pray for each other so that you may be healed."
James 5:16 (Living Bible)

God says revealing your feelings is the beginning of healing!

5. Accept God's forgiveness and forgive _____ .

"All of us have sinned." Romans 3:23 (Living Bible)

In the face and forgiveness of Jesus, you will discover the permission to become the kind of person you could have been had you never, ever sinned.

GUILT IS REMOVED AND A _____ LIFE IS YOURS TO LIVE!