

The Christian Arsenal

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COMING CLEAN The Road to Recovery

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Part 5 of 9

R.E.C.O.V.E.R.Y.

Realize I'm not God, I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

Consciously choose to commit all my life and will to Christ's care and control.

Step 4 – "Housecleaning" Step – It has to do with cleaning up the past, letting go of the guilt, gaining a clean conscience, learning to live guilt free and the way God wants me to live.

Step 4: **O**PENLY 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." Ps. 32: 1-2 (TLB)

I. THE REASON FOR THIS STEP

1. Guilt destroys my confidence.
2. Guilt damages my relationships.
3. Guilt keeps me stuck in the past.

Guilt cannot change the past, just like my worry cannot change the future, but it just makes today miserable.

"You will never succeed in life if you try to hide your sins. Confess them and give them up, then God will show mercy to you." Prov. 28:13 (GNB)

II. HOW TO DO THIS STEP

1. Take a personal moral inventory.

"Let us examine our ways and test them." Lam 3:40

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“Search me, O God, and know my heart, test my thoughts. Point out anything you find in me that makes you sad.” Ps 138: 23-24 (TLB)

2. Accept responsibility for my faults.

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

“If we claim to be without sin, we deceive ourselves and the truth is not in us.” I John 1:8

3. Ask God for forgiveness.

“If we freely admit that we have sinned, we find God utterly reliable ... He forgives our sins and makes us thoroughly clean from all that is evil.” I John 1:9 (Phillips)

How NOT to Get Forgiveness From God:

1. Don't beg.
2. Don't bargain.
3. Don't bribe.

You just need to believe.

“No matter how deep the stain of your sins, I can take it out and make you clean as freshly fallen snow.” Isaiah 1:19 (TLB)

4. Admit my faults to another person.

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

I'm only as sick as my secrets. The secrets I hold on to are the secrets that make me sick.

- Who?
1. Someone you trust.
 2. Someone who understands the value of what you're doing.
 3. Someone who is mature enough that they are not going to be shocked.
 4. Someone who knows the Lord well enough that they can reflect His forgiveness to you.

When? As soon as possible.

5. Accept God's forgiveness and forgive myself.

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“All of us have sinned ... yet not God declares us not guilty if we trust in Jesus Christ, who freely takes away our sins.” Romans 3:23-24 (TLB)

What Happens When I Take This Step?

1. God forgives instantly.
2. God forgives freely.
3. God forgives completely.

“There is no condemnation for those who live in union with Christ Jesus” Romans 8:1