

**FAMILY LIFE CHURCH OF THE VALLEY
LIFE GROUP - RIVERSIDE COUNTY**

TITLE: LIFE'S HEALING CHOICES

SESSION FOUR: COMING CLEAN – THE HOUSECLEANING CHOICE

KEY VERSE: “NO MATTER HOW DEEP THE STAIN OF YOU SINS, I CAN TAKE IT OUT AND MAKE YOU AS CLEAN AS FRESHLY FALLEN SNOW.”

ISAIAH 1:18 (LB)

I OPENLY EXAMINE AND CONFESS MY FAULTS TO MYSELF, TO GOD, AND TO SOMEONE I TRUST.

“Happy are the pure in heart.” (Matthew 5:8 TEV)

Guilt keeps you from becoming all God wants you to be. Guilt destroy your confidence, damages your relationships, and keeps you stuck in the past. If you're going to learn how to really enjoy life and live in freedom, then you've got to learn how to let go of guilt.

“Happy are the pure in heart.” (Matthew 5:8 TEV)

Getting Rid of Guilt

1. Take a personal _____.
You'll have to be ruthlessly honest with yourself.

Search me, O God, and know my heart, test my thoughts. Point out anything you find in me that makes you sad.

Psalm 139:23-24 (LB)

Why do you have to put your inventory in writing? Because it forces you to be specific and to face reality. It helps you stop denying the problems in your life.

2. Accept responsibility for _____.
The greatest holdup to healing for your hang-up is you. Healing starts with being radically Honest and saying, “I accept responsibility for my faults.”

Rationalize = rational lies. Just admit you messed up. What are you pretending to not feel guilty about? Don't you think it's time to finally deal with it so you can get on with your life?

LIFE'S HEALING CHOICES SESSION FOUR (Cont.)

3. Ask God for _____.

If we confess our sins to God, he can always be trusted to forgive us and take our sins away.

1 John 1:9 (CEV)

The basis for forgiveness is not how good or bad you've been. The basis for forgiveness is God's nature. He cannot lie. And if he says he will forgive you, then he will forgive you. There is no sin too bad, too dark, or too shocking for God to forgive. Jesus died for all of your sins, not just some of them, but all of them.

"No matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow."

Isaiah 1:18 (LB)

4. Admit your faults to _____.

Admit your faults to one another and pray for each other so that you may be healed.

James 5:16 (LB)

How Do You Find The Right Person?

This person needs to be:

- Somebody you trust
- Somebody who is not a gossip and who has a reputation for keeping a confidence
- Somebody who understand the value of what you're doing
- Somebody who is mature enough to not be shocked by what you tell them
- Somebody who knows the Lord well enough to reflect his forgiveness to you.

Remember, be specific and honest. The secret you want to conceal the most is the secret you need to reveal the most. That's the one that will enable you to experience God's grace in the deepest way.

Accept God's forgiveness and _____.

How Does God Forgive?

- God forgives _____
- God forgives _____
- God forgives _____

LIFE'S HEALING CHOICES SESSION FOUR (Cont.)

There is no other god like you, O Lord; you forgive the sins of your people... you will trample our sins underfoot and send them to the bottom of the sea!

Micah 7:18-19 (GNT)

So now there is no condemnation for those who belong to Christ Jesus.

Romans 8:1 (NLT)

"I will forgive their wickedness, and I will never again remember that sins."

Jeremiah 31:34 (NLT)

Any time the devil reminds you of your past, just remind him of his future.

DISCOVERY QUESTIONS

Calm down. Take a deep breath. Everything's going to be OK.

1. Take turns reading all the Bible verses from this session's outline. Talk about the verse that means the most to you.

2. The Bible tells us God forgives instantly, freely, and completely. How does that make you feel about confessing your faults to God?

3. Our key verses says, "No matter how deep the stain of your sins, I can take it out and make you as clean as freshly fallen snow" (Isaiah 1:18 LB). In other words, there is sin too bad, too dark, or too shocking for God to forgive. Think of the thing you feel the most guilty about. Do you believe God can forgive you even for that?

LIFE'S HEALING CHOICES SEESION FOUR (Cont.)

4. If God doesn't hold our sins against us after we confess them, why is it so difficult to admit Our faults and forgive ourselves?

This acrostic will show you how to conduct a **moral** inventory:

MAKE TIME TO BEGIN YOUR INVENTORY.

OPEN YOUR HEART AND YOUR MIND.

RELY ON GOD'S GRACE.

ANALYZE OUR PAST HONESTLY.

LIST BOTH THE GOOD AND BAD CHOICES AND EVENTS IN YOUR LIFE.