

Week Five Life's Healing Choices - Healing Choice Four

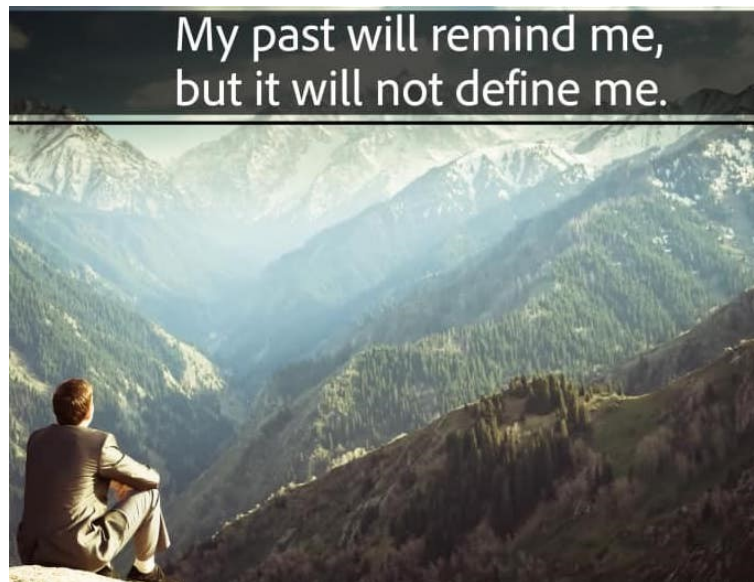
- The Housecleaning Choice - Session One

When you know the truth, it will set you free.

John 8:32

I have come in order that you might have life — life in all its fullness.

John 10:10



Healing Choice 4

The House Cleaning Choice

➤ **O**penly examine and confess my faults to myself, to God, and to someone I trust. (Steps 4 & 5)

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

Key points:

- ✓ We make a list, a moral inventory, of all people, institutions that have hurt us and that we have hurt.
- ✓ We confess these to God and to one other trusted person.

What Guilt Does to a Person

- Guilt destroys our _____ and makes us feel _____.
- Guilt damages our _____ causing us to respond in _____.
- Guilt can cause us to _____ people unwisely
- Guilt can cause us to avoid _____ and to not seek _____.
- Guilt keeps us stuck in the _____.

Moving Past Guilt

- Take a fearless and honest personal _____.
- Accept responsibility for your _____.
- Ask God for _____.
- _____ your faults to another person.
- _____ God's forgiveness and forgive yourself.

I can do all things through Christ who strengthens me.

Philippians 4:13

The Moral Inventory

- **M** - _____ to begin your inventory.
- **O** - _____ your heart and your mind.
- **R** - _____ on God's Grace.
- **A** - _____ your past honestly.
- **L** - _____ -both the good and bad choices and events in your life.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

Therefore, confess your sins to one another and pray for one another, that you may be healed.

James 5:16a

Remember God's . . .

- _____ - God forgives instantly.
- _____ - God forgives freely.
- _____ - God forgives completely.

Homework Assignment

- 1. List two or three people or organizations that have hurt you or that have hurt you.**
- 2. List two or three people or organizations that have benefited from your support and love in your life.**
- 3. Pray about what things in life as child that may have been a hurt you received.**

(End of Week Five)