

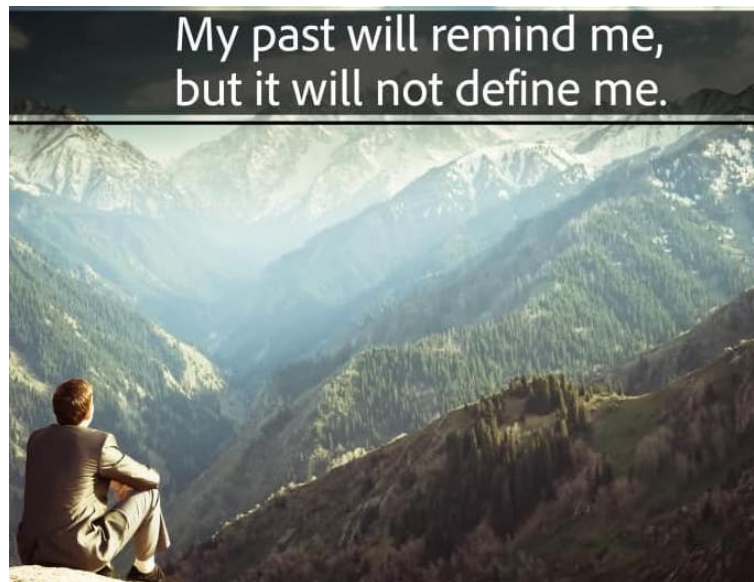
Week Six Life's Healing Choices - Healing Choice Four

- The Housecleaning Choice

- Session Two - Doing a Spiritual or Moral Inventory

When I kept silent about my sin, my body wasted away Through my groaning all day long.

For day and night Your hand was heavy upon me;



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.

*My vitality was drained away as with the fever heat of summer. Selah.
I acknowledged my sin to You,*

*And my iniquity I did not hide;
I said, "I will confess my transgressions to the Lord";
And You forgave the guilt of my sin. Selah. Psalm 32:5*

*And see if there be any hurtful way in me,
And lead me in the everlasting way.
Psalm 139.24 ES*



Spiritual Inventory Columns

Column 1: "The Person"

In this column you list the _____ or _____ you resent or fear. Go as far back as you can. Resentment is mostly unexpressed anger and fear.

Column 2: "The Cause"

It has been said that "hurt people hurt people." In this column you are going to list the specific _____ that someone did to _____ you. What did the person do to cause you resentment and/or fear?

"Fear not, for I am with you. Do not be dismayed. I am your God. I will strengthen

Column 3: "The Effect"

In this column write down how that specific _____ action affected your _____. List the effects it had on your _____ and your _____.

You have kept count of my tossings; put my tears in your bottle. Are they not in your book? Psalm 56:8

Column 4: "The Damage"

Which of your basic instincts were injured?

- _____ – broken relationships, slander
- _____ – physical safety, financial loss
- _____ – abusive relationships, damaged intimacy

No matter how you have been hurt, no matter how lost you may feel, God wants to _____ and _____ you.

"I will look for those that are lost, I bring back those that wander off, bandage those that are hurt, and heal those that are sick." (Ezekiel 34:16, GND)

Column 5: "My Part"

You need to ask yourself, "What _____ of my resentment against another is my responsibility?" Ask God to show you your part in a _____ or _____ marriage or relationship, with a distant child or parent, or maybe a lost job. In addition, list all the people whom you have _____ and how you hurt them.

"Examine me, O God, and know my mind; test me and discover... if there is any evil in me and guide me in the everlasting way." (Psalm 139:23-24)

For those who have suffered any kind of abuse in life.

If you have been in an _____ relationship especially as a _____, you can find great freedom in this part of the inventory. You see that you had NO part, NO responsibility for the cause of the resentment. By simply writing the words _____ or _____ in column 5, you can begin to be free from the misplaced shame and guilt you have carried with you.

Column 6: "Notes"

In this column you can further make one or two _____ so you can recall at a later date anything you have listed in the previous five columns

But recall the former days when, after you were enlightened, you endured a hard struggle with sufferings.... Hebrews 10:32 ESV

Column 7: "Positive Balance"

What is the _____ God has brought out of this situation? What are some of my positive actions/attributes as a result (and/or of the person who hurt me)?

***And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.
Romans 8:28***

Spiritual Inventory Worksheet of Seven Columns

The Person	The Cause	The Effect	The Damage	My Part	Notes	Positive Balance

Spiritual Inventory Worksheet of Seven Columns

The Person	The Cause	The Effect	The Damage	My Part	Notes	Positive Balance

Questions to ask yourself as you work on your inventory:

- 1.** As a child, what coping skill did I use to get attention or to protect myself?
- 2.** What was the family secret that everyone was trying to protect?
- 3.** How did I handle pain and disappointment?
- 4.** In what ways have I tried to escape my past pain?
- 5.** How has holding on to my anger and resentments affected me?
- 6.** How have my past expectations of others been unrealistic?
- 7.** What was the insanity of my life before Christ?
- 8.** What was my relationship to God like?
- 9.** What was my attitude to others like?
- 10.** What was my lowest point?
- 11.** Describe the experience of turning my life over to Christ.
- 12.** Have I been able to accept and enjoy my growth in Christ?
- 13.** Have I forgiven myself?
- 14.** Have I allowed Jesus to use my weaknesses and turn them into strengths?
- 15.** In what ways have I experienced God's grace?

Resentment & Fear of People Worksheet

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Ephesians 4:31

Here is a list of people, institutions and principles that may be helpful in your resentment inventory. This list is to prompt your thinking in the area of resentment and fear of people. Feel free to add to this list if you need to.

PEOPLE:	<i>In-laws</i>	<i>School Friends</i>	<i>Satan</i>
<i>Father (or</i>	<i>Husbands</i>	<i>Life Long</i>	<i>Doctors</i>
<i>Step)</i>	<i>Wives</i>	<i>Friends</i>	<i>Employers</i>
<i>Mother (or</i>	<i>Birth Family</i>	<i>Best Friends</i>	<i>Employees</i>
<i>Step)</i>	<i>Adoptive</i>	<i>Acquaintances</i>	<i>Co-workers</i>
<i>Grandparents</i>	<i>Family</i>	<i>Girl Friends</i>	<i>Teachers</i>
<i>(or Step)</i>	<i>Foster Family</i>	<i>Boy Friends</i>	<i>Clergy</i>
<i>Sisters (or</i>	<i>Police</i>	<i>Recovery</i>	<i>School</i>
<i>Step)</i>	<i>Lawyers</i>	<i>Friends</i>	<i>Counselors</i>
<i>Brothers (or</i>	<i>Judges</i>	<i>Creditors</i>	<i>School</i>
<i>Step)</i>	<i>Probation</i>	<i>Friends of</i>	<i>Administrators</i>
<i>Aunts</i>	<i>Officers</i>	<i>Others</i>	
<i>Uncles</i>	<i>Childhood</i>	<i>God</i>	
<i>Cousins</i>	<i>Friends</i>	<i>Jesus Christ</i>	
 INSTITUTIONS:	 <i>Religion</i>	 <i>Government</i>	 <i>Educational</i>
<i>Marriage</i>	<i>Races</i>	<i>Philosophy</i>	<i>System</i>
<i>Bible</i>	<i>Law</i>	<i>Nationality</i>	<i>Correctional</i>
<i>Church</i>	<i>Authority</i>		<i>System</i>
 PRINCIPLES:	 <i>Golden Rule</i>	 <i>Seven Deadly</i>	
<i>Ten</i>	<i>Heaven</i>	<i>Sins</i>	
<i>Commandments</i>	<i>Retribution</i>	<i>Hell , Death</i>	

Abuse Worksheet

I will look for those that are lost, I will bring back those that wander off, bandage those that are hurt, and heal those that are sick. Ezekiel 34:16

Consider the following areas as you inventory any abuse in your life. Remember, if you have been in an abusive relationship, ***especially as a child, you can find great freedom in this part of your inventory. As you see that you had NO responsibility, NO part in this, you can begin to be free from the misplaced shame and guilt you have carried with you.***

Consider the following areas:

Relationship to God - Have I let any of these things interfere with doing God's will?

ambition pleasures

job

money

friendships

personal goals

Attitudes - Have I harbored a wrong attitude?

anger

complaining

ingratitude

sarcasm

pride

fear

anxiety

avoiding responsibility

laziness

Integrity - Have I been dishonest in my thinking or my actions?

stolen

lied

exaggerated to look good

gossipy

false humility

dishonest in dealings

broken promises

Personal Relationships - Have I engaged in any of these behaviors?

jealousy

seeking revenge

critical

gossipy

holding a grudge

self pity

Liabilities and Assets Checklist for a Moral Inventory

Write the name of a person, relationship, event, or situation from your past, or is a big concern for you now.

LIABILITIES (to watch for)  (to strive for) ASSETS

Toward character defect	4	3	2	1	Neutral	1	2	3	4	Toward character asset
Resentment										Forgiveness
Fear / Worry / Cowardice										Faith / Acceptance
Selfishness										Unselfishness
Dishonesty										Honesty
Arrogance / False Pride										Humility / Simplicity
Possessiveness / Jealousy										Trust / Count on
Envy / Coveting										Contentment
Insincerity / Phoniness										Straightforward
Laziness / Passivity										Take action / Industrious
Intolerance / Perfectionism										Tolerance / Open-mindedness
Despondency / Hopelessness										Hope
Criticism										Encouragement
Discourteous										Cheerful
Pessimistic										Optimistic
Indifference / Bitterness										Compassion
Revengeful										Forgiving
Gluttony / Excess										Moderation / Balance
Greed										Generosity
Disrespect / Irreverence										Respect / Dignity
Conceit										Modesty
Inadequacy										Capability
Submissive / Withdrawn										Assertive
Aggressive / Domineering										Be patient / Cooperate
Unappreciative / Begrudging										Grateful / Obligated
Procrastination										Promptness
Inconsistent										Consistent
Critical/Fault finding/Gossip										Look for the good / discreet
Manipulative										Let go; be uninvolved
Guilt, self-condemnation, Self-pity										Self-acceptance

Deceptive Thinking Worksheet

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — His good, pleasing and perfect will. Romans 12:2

Here are some common lies you may have believed. Use these to help you identify your deceptive thinking. Feel free to add any others you may have.

Deceptive Thoughts and Lies:

- I am worthless.
- I am so bad I cannot be forgiven.
- I am unworthy to be loved.
- I am hopeless. I cannot change.
- Everything in my life is someone else's fault.
- It's all my fault.
- I didn't deserve to have this done to me.
- God could not love me. I am too bad.
- I must provide everything for myself.
- I must protect the people in my life from hurt or pain.
- No one really understands the things I have been through.
- I can never forgive the person for the wrongs they did to me.
- God let me down. He should have protected me from all the bad things in my bad life.

GOD'S PROMISES:

God will be with you as you work on your moral inventory. He will help you face your past and surrender it to Him. He will give you the courage and strength to admit your weaknesses to yourself, to Him and to your spiritual sponsor or mentor.

1. *Commit everything you do to the Lord. Trust Him, and He will help you.* Psalm 37:5
2. *For God is working in you, giving you the desire to obey Him and the power to do what pleases Him.* Philippians 2:13
3. *And I am sure that God, who began the good work within you, will continue His work until it is finally finished on that day when Christ Jesus comes back again.* Philippians 1:6
4. *And we know that God causes everything to work together for the good of those who love God and are called according to His purpose for them.* Romans 8:28
5. *But if we confess our sins to Him, He is faithful and just to forgive us and to cleanse us from every wrong.* 1 John 1:9
6. *Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect His will really is.* Romans 12:2

Homework Assignment

1. **Pray and consider what you might write across the seven columns of the spiritual inventory for one situation.**
2. **If you have not completed reading yet then finish reading about Healing Choice #5, "The Transformation Choice"**

(End of Week Six)