

COMING CLEAN
Getting Healthy Again
Part 4

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)

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!**