



Part 4 HONESTLY EXAMINE & CONFESS

Step 1: Get help... admit you're not God! (Mathew 5:3)

Step 2: Open your heart. I now know that God exists, that I matter to Him, and that He is the only One who has the power to heal my pain. (Matthew 5:4)

Step 3: Depend on Christ. I realize I need to turn my life over to Christ. I need to depend on Him in the all areas of my life, including all that I say, think, and do. (Matthew 5:5)

Step 4: Honestly Examine & Confess. I agree to evaluate my life and confess my faults to myself, to God, and to someone I trust.

Happy are the pure in heart. Matthew 5:8

The pure in heart...

- (a) take the time to recognize their impurities...
this forces you to evaluate the past
- (b) do what they can with them—the possible...
this forces you to learn from the truth
- (c) allow God to do the impossible...
this allows you to move toward healing

HOW TO COME CLEAN WITH YOUR PAST & GROW SPIRITUALLY

1. Pray for _____ to examine and remember God's _____ during the process

I command you-- be strong and courageous! Do not be afraid or discouraged. For the LORD your God is with you wherever you go." Joshua 1:9

2. Put the past _____

What do I feel guilty about?	How does this hurt me?	What was my part?
Who do I resent? Why?	How does this hurt me?	What was my part?
What are my fears?	How does this hurt me?	What was my part?

The Lord's searchlight penetrates the human spirit, exposing every hidden motive. Proverbs 20:27

3. Take time to _____. Accept responsibility for my faults

Search me, O God, and know my heart; test me and know my thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24

4. Ask God for _____. God forgives instantly, freely, and completely

There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone. Psalm 32:3-5

5. Talk it out with a _____

As iron sharpens iron; a friend sharpens a friend. Proverbs 27:17

Someone you trust, who understands healing, who is mature enough and won't be shocked, and who has a relationship with Jesus

One last thought: Don't be afraid, for I am _____. Do not be dismayed, for I am _____. I will strengthen you. I will _____. I will uphold you with my victorious right hand. Isaiah 41:10