



Life's Healing Choices

COMING CLEAN - THE HOUSEKEEPING CHOICE

Life's Healing Choices: The Beatitudes

Small Groups – Week 4

***I openly examine and confess my faults to myself,
to God and to someone I trust.***

Catching up

1. Where you able to read chapter 3 in Life's Healings Choices this week? Share your thoughts on Lisa and Charlie's stories.
2. Would you like to share how you found rest this week as you 'let go and let God'?

Key verse

"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 (TLB)

Coming Clean - The Housekeeping Choice

Guilt keeps you from becoming all God wants you to be. Guilt destroys your confidence, damages your relationships and keeps you stuck in the past. If you're going to really learn how to 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 (TLB)

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'.

Rationalise = 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?

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 your sins, not just some of them, but all of them.

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 (TLB)

How do you find the right person?

The person needs to be...

- Someone you trust.
- Somebody who is not a gossip and who has a reputation for keeping a confidence.
- Somebody who understands the value of what you are 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.

5. Accept God's forgiveness and _____

How does God forgive?

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

“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 their sins.” Jeremiah 31:34 (NLT)

Anytime 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 sessions outline. Talk about the verse that means the most to you.

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

3. Re read the Key Verse. There is no 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?

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?

Living on Purpose: Worship

If we are ever to recover from the hurts, hang-ups and habits in our lives, we have to let go of our guilt and shame. As we discovered in Choice Three, God is the only one who can do that for us. That realisation should naturally lead to worship as we thank God for forgiveness and Jesus for dying for our sins. We must give God all of who we are- the good and the not so good. Remember there is no sin- or sinner- that Jesus didn't die for.

Putting it into Practice

Take a personal moral inventory. Get started in the next 24 hours. Begin by reading the verses in today's session. Read them every day for strength and encouragement. You don't have to finish your inventory this week. It may take some time for you to prayerfully review your life.

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

- M** make time to begin your inventory.
- O** open your heart and mind.
- R** rely on God's grace.
- A** analyse our past honestly.
- L** list both the good and bad choices and events in your life.

Admit your faults to another person

Who do you know and trust who can help you through this process? Ask God to show you who he wants you to share your inventory with. This needs to be with a person of the same gender. Trust God to guide you and he will. Then (and this is the hard part) make the call. Tell the person why you want their help and ask them to be praying for you as you do your inventory. Don't try and do this alone. Then set up a time to get together and share your moral inventory with that person.

Prayer Direction

Pray that God will give each of you strength and courage to begin your moral inventory this week.

Diving Deeper

This week read chapter 4 of Life's Healing Choices and be ready to share your thoughts in the next session. Pay particular attention to the stories from CJ and Linda at the end of the chapter.

This book is available to purchase in various formats from Amazon UK

https://www.amazon.co.uk/Lifes-Healing-Choices-Revised-Updated-ebook/dp/B00AHEBEJU/ref=sr_1_12?dchild=1&keywords=lifes+healing+choices&qid=1587371910&s=digital-text&sr=1-12

My Notes

CCCWL website - www.cccwl.co.uk
(Please visit the Knowing Jesus Page)

CCCWL Prayer email - prayer@cccwl.co.uk
CCCWL Office email - office@cccwl.co.uk

Answer Key

1. Take a personal MORAL INVENTORY.
2. Accept responsibility for MY FAULTS.
3. Ask God for FORGIVENESS.
4. Admit your faults to ANOTHER PERSON.
5. Accept God's forgiveness and FORGIVE MYSELF.
 - God forgives INSTANTLY.
 - God forgives FREELY.
 - God forgives COMPLETELY.