WEEK 1 REVIEW

For out of the heart come evil thoughts--murder, adultery, sexual immorality, theft, false testimony, slander. Matthew 15:18-19 NIV

Above all else, guard your heart, for everything you do flows from it. Proverbs 4:23 NIV

One of the biggest toxins in my heart: ________________

Both ________________ guilt or
being ________________ by guilt
______________ guilt

When I refused to confess my sin, my body wasted away, and I groaned all day long... Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! Psalm 32:3,5a NLT

Q: How do I remove the toxin of guilt from my heart?

A: The “heart habit” of ________________

• Confess to ________________
  My guilt has overwhelmed me like a burden too heavy to bear... but I confess my sins; I am deeply sorry for what I have done.
  Psalm 38:4,18 NLT

• Confess to ________________
  Confess your sins to each other and pray for each other so that you may be healed. James 5:16 NLT
HOW DO I CONFESS?

1. Take a personal _________________

   Search me, O God, and know my heart! Try me and know my thoughts! Psalm 139:23 ESV

   Some inventory questions: Do I owe someone in any way? Have I broken a promise or a heart? Have I been over-controlling or over-possessive? Have I been hypocritical or hypercritical? Have I been forgetful or unfaithful? Am I addicted to anything?

2. Accept ___________________________

   For everyone has sinned; we all fall short of God’s glorious standard. Yet God, in his grace, freely makes us right in his sight. He did this through Christ Jesus when he freed us from the penalty for our sins. Romans 3:23,24 NLT

3. Admit my faults ___________________

   Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16 NLT

   Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift. Matthew 5:23,24 NIV

4. Make _______________________________

   “You humble yourselves by going through the motions of penance, bowing your heads like reeds bending in the wind... Do you really think this will please the LORD? No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people.” Isaiah 58:5,6 NLT (See Leviticus 6:1-7)
THREE CRUCIAL QUESTIONS

• Is this the right ________________?
  For there is a proper time and procedure for every matter, though a person may be weighed down by misery. Ecclesiastes 8:6 NIV

• Do I have the right ________________?
  Speak the truth in love... Ephesians 4:15a NLT

• Is this ________________?
  Thoughtless words can wound as deeply as any sword, but wisely spoken words can heal. Proverbs 12:18 GN

REMEMBER:

Therefore, there is now no condemnation for those who are in Christ Jesus. Romans 8:1 NIV

BOTTOM LINE:

Confession is a core heart habit that helps me ________________.

NEXT WEEKEND
The Deadliest Emotion

This one’s a heart killer. And it’s taking over our society. There’s only one way to get rid of this negative reactive emotion and replace it with peace of mind and heart.

This series is based on the book Enemies of the Heart by Andy Stanley
DISCUSSION QUESTIONS

For your small group or family

1. From your own observations or experience, how can unresolved guilt affect people?

2. Do you lean more toward denying guilt or wallowing in it?

3. How would you explain the link between the daily habit of confession and experiencing God’s grace? How can the daily habit of confession lead to more gratitude to God and less judgmental attitudes toward others?

4. Do you have the habit of confession to God? If so, what does it typically involve for you? If not, how can you develop the habit of confession?

5. When it comes to making amends, is someone waiting for you to make the first move? What steps will you take this week to follow through?

RECOVERY GROUPS AT TLC

These are designed to be safe places to confess

MONDAY

Rigorous Honesty 12-Step Group, 7pm, Rooms 7106 & 7107. Open to all.

WEDNESDAY

The Locker Room Sexual integrity group for men, for info email mtthomas@comcast.net

THURSDAY

Grace Recovery - OPEN TO ONLY AA & NA - 7pm, Rm 7105.