



## WEEK 2

# THE HEAVYWEIGHT EMOTION

### 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](mailto:mtthomas@comcast.net)

### THURSDAY

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