



LIFE'S HEALING CHOICES Part 4: The Housecleaning Choice

WEEK 1— "I can't" **The Reality Choice.** "I realize that I am not God and that I'm powerless to control my tendency to do the wrong thing and my life is unmanageable."

WEEK 2— "God can" **The Hope Choice.** "I earnestly believe that God exists, that I matter to Him and that He has the power to help me change."

WEEK 3— "Let Him" **The Commitment Choice.** "I consciously choose to commit all of my life and will to Christ's care and control."
"Blessed are the meek, for they will inherit the earth." Matthew 5:5
"We felt we were doomed to die and saw how *powerless* we were to help ourselves; but that was good. For then we put everything *into the hands of God*, who alone could save us." 2 Corinthians 1:9

WEEK 4— **The Housecleaning Choice.** "I openly examine myself with fearless honesty and confess my faults to myself, to God and to someone I trust."

"Blessed are the pure in heart, for they will see God." Matthew 5:8
"Then you will know the truth and the truth will set you free." John 8:32
"Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty!" Psalm 32:2
"I have seen what they do, but I will heal them anyway! I will lead them. I will comfort those who mourn, bringing words of praise to their lips. May they have abundant peace, both near and far,' says the LORD, who heals them.'" Isaiah 57:18-19

1. **Examine** myself with fearless **honesty** with God's help.

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

"People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy." Proverbs 28:13

— The sin you want to **conceal** the most is the sin you need to **reveal** the most.

- a. Take your _____.
- b. Put it in _____.
- c. Don't make sweeping _____.
- d. Avoid the big _____:
 - _____ myself with others
 - _____ other people

"If we claim we have no sin, we are only fooling ourselves and not living the truth." 1 John 1:8

- e. Let your _____ be overcome with _____.

"Come now, let's settle this' says the LORD. 'Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool.'" Isaiah 1:18

2. _____ to someone I trust.

"Confess your sins to each other and pray for each other so that you may be healed." James 5:16

3. 2 _____ stories:

- Paralyzed man

"One of the men lying there had been sick for thirty-eight years. When Jesus saw him and knew he had been ill for a long time, he asked him, 'Would you like to get well?'" John 5:5-6

- David

"When I refused to confess my sin, my body wasted away, and I groaned all day long... My strength evaporated like water in the summer heat. 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! All my guilt is gone... for you are my hiding place; you protect me from trouble. You surround me with songs of victory. The Lord says, 'I will guide you along the best pathway for your life. I will advise you and watch over you.'" Psalm 32:3-8

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