

# LIFE'S HEALING CHOICES

## The HOUSE CLEANING Choice: Part 4

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

"Happy are the pure in heart, for they will see God." **Matthew 5:8** (GNB)

"I have come in order that you might have life - life in all its fullness." **John 10:10** (GNB)

### **Jesus doesn't want me to be religious He wants me to be real.**

**John 11:43-44** (NKJV) "Jesus cried with a loud voice, 'Lazarus, come forth!' And he who had died came out bound hand and foot with grave clothes, and his face was wrapped with a cloth. Jesus said to them, 'Loose him, and let him go.'"

**Galatians 5:1** (NIV) "It is for freedom that Christ has set us free."

**John 8:36** (NIV) "If the Son sets you free, you will be free indeed."

### **The basis for a pure heart is not how good you are but how good God is.**

**Psalms 139:1** (CEV) "You have looked deep into my heart, Lord, and you know all about me."

**Lamentations 3:40** (KJV) "Let us search and try our ways, and turn again to the Lord."

**Philippians 2:12-13** (NLT) "Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him."

**Psalms 32:5** (NLT) "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."

## Getting Rid of Guilt

### **Take a personal moral inventory.**

**Psalms 139:23-24** (NLT) 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.

### **Accept responsibility for my faults.**

The greatest holdup to healing for our hang-up is you. Healing starts with being radically honest and saying, "I accept responsibility for my faults."

### **Ask God forgiveness.**

**John 1:9** (CEV) But if we confess our sins to God, he can always be trusted to forgive us and take our sins away.

**Isaiah 1:18** (NLT) "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."

### **Admit your faults to another person.**

**James 5:16** (NLT) 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.

Ask God's forgiveness and **forgive myself**.

How Does God Forgive? God forgives...

**instantly**  
**freely**  
**completely**

**Micah 7:18-19** (NCV) There is no God like you. You forgive those who are guilty of sin...You will throw away all our sins into the deepest part of the sea.