

4. Admit my faults to another _____.

James 5:16 (MES) Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.

I am only as sick as my _____.

The devil always works through _____.

- The secret you want to CONCEAL the most is the one you need to REVEAL the most because it will HEAL you the most!

5. Accept God's forgiveness and _____.

Romans 3:23-24 (NLT) For all have sinned; all fall short of God's glorious standard. Yet now God in his gracious kindness declares us not guilty. He has done this through Christ Jesus, who has freed us by taking away our sins.

HOW DOES GOD FORGIVE?

- He forgives _____
- He forgives _____
- He forgives _____

Romans 8:1 (KJV) There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

1 John 3:19-20 (NLT) It is by our actions that we know we are living in the truth, so we will be confident when we stand before the Lord, even if our hearts condemn us. For God is greater than our hearts, and he knows everything.

When you live in the past it is hard. I am not there; my name is not "I WAS." When you live in the future it is hard. I am not there; my name is not "I WILL BE." When you live in the present it is easy. I am there; my name is "I AM."



R	Happy are those who know they are spiritually poor. (Matthew 5:3, GN)
	Principle #1: Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.
E	Happy are those who mourn. (Matthew 5:4, GN)
	Principle #2: Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
C	Happy are those who are humble. (Matthew 5:5, GN)
	Principle #3: Consciously choose to commit all my life and will to Christ's care and control.
O	Happy are the pure in heart. (Matthew 5:8, GN)
	Principle #4: Openly examine and confess my faults to myself, to God, and to someone I trust.

Psalms 32:1 (LB) What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record.

If you want to really enjoy life, you have to learn how to let go of _____.

When I rationalize my mistakes and sins, my _____ says it's okay while my _____ says it's wrong.

Matthew 5:8 (MES) You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.

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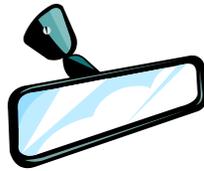
WHAT GUILT DOES TO ME

1. GUILT DESTROYS MY _____.

2. GUILT DAMAGES MY _____.

3. GUILT KEEPS ME _____.

_____ cannot change the past
just like _____ cannot change the
future; it just makes today miserable.



Proverbs 28:13 (TEV) You will never succeed in life if you try to hide your sins. Confess them and give them up; then God will show mercy to you.

HOW DO I COME CLEAN?

1. Take a personal moral _____.

Lamentations 3:40 (NIV) Let us examine our ways and test them, and let us return to the Lord.

Psalms 139:23-24 (NIV) Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Thoughts disentangle themselves when they pass
through the _____ and the _____.

THE PERSON	Who is the object of my resentment or fear?	
THE CAUSE	What specific action did they take that hurt me?	
THE EFFECT	What effect did that action have on my life?	
THE DAMAGE	What damage did that action do to my instincts?	
MY PART	What part of the resentment am I responsible for?	

2. Accept responsibility for my _____.

Proverbs 20:27 (TEV) The Lord gave us mind and conscience; we cannot hide from ourselves.

1 John 1:8 (PHI) If we refuse to admit that we are sinners, then we live in a world of illusion and truth becomes a stranger to us.

3. Ask God for _____.

1 John 1:9 (PHI) But if we freely admit that we have sinned, we find him reliable and just – he forgives our sins and makes us thoroughly clean from all that is evil.

HOW TO GET FORGIVENESS FROM GOD:

- Don't _____
- Don't _____
- Don't _____
- Just _____

Isaiah 1:18 (KJV) Come now, and let us reason together, saith the Lord: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.