



**PRINCIPLE 4 ON THE ROAD TO RECOVERY: I openly examine myself and confess my faults to myself, to God, and to someone I trust.**

*What happiness for those whose guilt has been forgiven! What relief for those who have confessed their sins and God has cleared their record.*

**Psalm 32:1-2 TLB**

**? WHY SHOULD I TAKE THIS STEP?**

1. Guilt \_\_\_\_\_ my relationships.
2. Guilt \_\_\_\_\_ my influence.
3. Guilt \_\_\_\_\_ my health.
4. Guilt \_\_\_\_\_ my confidence.
5. Guilt \_\_\_\_\_ my focus.

**? HOW TO DO THIS STEP?**

1. I \_\_\_\_\_ my life, taking a personal \_\_\_\_\_.

*Let us look closely at our ways and examine them... Lamentations 3:40 GW*

*Search me, O God, and know my heart; test me and know my thoughts. <sup>24</sup> Point out anything in me that offends you... Psalms 139:23-24 NLT*

2. I \_\_\_\_\_ for my faults.

*I know about my sins, and I cannot forget my terrible guilt. <sup>4</sup>You are really the one I have sinned against; I have disobeyed you and have done wrong. So it is right and fair for you to correct and punish me. Psalms 51: 3, 4 CEV*

**Two irresponsibility habits I must break:**

- \_\_\_\_\_ that I have a problem.

*If we claim to be without sin, we deceive ourselves and the truth is not in us. 1 John 1:8 NIV*

*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. Proverbs 28:13 GNB*

- \_\_\_\_\_ others for my problem.

*...Have you eaten from the tree in the center of the garden, the very one I commanded you not to eat from? Adam (pointing at the woman): <sup>12</sup> It was she! The woman You gave me as a companion put the fruit in my hands, and I ate it. Genesis 3:11b, 12 VOCE*

*...we must not say, "This temptation comes from God." For God cannot be tempted by evil, and he himself tempts no one. <sup>14</sup> But we are tempted when we are drawn away and trapped by our own evil desires. <sup>15</sup> Then our evil desires conceive and give birth to sin; and sin, when it is full-grown, gives birth to death. <sup>16</sup> Do not be deceived, my dear friends! James 1:13-15 NLT*

3. I \_\_\_\_\_ my faults to another \_\_\_\_\_.

*Therefore, make it your habit to confess your sins to one another and to pray for one another, so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16 ISV*

- \_\_\_\_\_ and \_\_\_\_\_ are connected.

*Trusting unfaithful people when you are in trouble is like eating with a broken tooth or walking with a crippled foot. Proverbs 25:19 NCV*

4. I \_\_\_\_\_ from God.

*Where is the god who can compare with you-- wiping the slate clean of guilt, ...You don't nurse your anger and don't stay angry long, for mercy is your specialty. That's what you love most. Mikah 7:18, 19 MP*

- How can I acquire forgiveness from God?
  - Repent and be \_\_\_\_\_ ?

*Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. Acts 2:38-39 NIV*

- Repent and \_\_\_\_\_ ?

*Repent, then, of this evil...and pray to the Lord that he will forgive you. Acts 8:22 GN*

*If we freely admit that we have sinned, we find God utterly reliable... he forgives our sins and makes us thoroughly clean from all that is evil.*

**1 John 1:9 Phillips**

