

## **Ew. Choosing Jesus in the Mess** *Coming Clean: The Confession Choice*

**Memory Verse: Matthew 5:8 – “Blessed are the pure in heart, for they shall see God.” ESV**

### **1. I come clean by confessing my guilt to God.**

*Romans 10:9-10; Psalm 51:1-3; Psalm 51:7-10; Psalm 32:1-2; Psalm 139:23-24; Psalm 32:5*

- **Guilt limits my confidence and holds me captive to my past.**
- **Guilt restricts my ability to build healthy relationships.**
- **Guilt keeps me in cycles of destructive addictive behavior.**

### **2. I practice confessing guilt by building into my life an intentional process of confession.**

- **Write a moral inventory.**
- **Take responsibility for my faults.** *Proverbs 20:27*
- **Don't rationalize.**
- **Don't shift the blame.**
- **Refuse to live in self-deception.** *1 John 1:8*
- **Ask for God's forgiveness.** *1 John 1:9; Isaiah 1:18; Ps.103:12*
- **Admit my guilt to another person and receive prayer.**

*James 5:16*

#### **Who do I confess to?**

A fellow believer whom I trust.

Someone who understands the value of what I am doing.

Someone who is mature enough not to be shocked.

Someone who has received forgiveness, and therefore can reflect God's forgiveness to me.

#### **How do I confess?**

Find a time and place without interruptions. Let the person know I am going to share my inventory. Be specific when I share.

Sins I've committed, and how I feel (dirty, sorry, guilty).

Sins committed against me, and how they made me feel (rejected, abandoned, used, hurt, dirty). *1 John 1:7*

- **Receive God's forgiveness and release my guilt.**

*Romans 3:22-23*

#### **Read about God's forgiveness:**

**1. God forgives instantly.** *Hebrews 4:15-16*

**2. God forgives freely.** *Romans 3:24*

**3. God forgives completely.** *Romans 8:1-2*

#### **Next Week's Reading Guide:**

Matthew 5:6, Romans 12:1-2

Galatians 6:14-16, John 8:31-32

Lamentations 3:21-26

Matthew 6:11, 19-34

Philippians 4:12-13, 2 Corinthians 12:1-10

Ecclesiastes 4:9-12, 1 Corinthians 15:33-34

Psalm 18:32; Philippians 1:6, 1 Thessalonians 5:23-24

#### **Discussion Questions:**

1. Have you gone through a process of confessing guilt from things you've done? Things done against you?
2. Have you noticed guilt limiting your confidence, restricting your relationships, or keeping you in addiction? Share.
3. Do you have an intentional, consistent process of confession in your life? Share about it.
4. Do you have a person in your life to confess to? Who is it? If not, will you commit to acquiring that person?