

Life's Healing Choices

Coming Clean – The Housecleaning Choice

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We are able to find healing in our lives when we embrace **healing** choices.

The Biblical blueprint for making healing choices is provided by Jesus in the **Beatitudes** (Matthew 5:3-10)

Guilt keeps us from becoming all God wants us to be by...

...**destroying** our confidence.

...**damaging** our relationships.

...keeping us **stuck** in the past.

When we successfully learn how to **let go** of guilt, we can learn how to enjoy life and live in freedom.

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

4th Healing Choice – openly examine and confess my faults to **myself**, to **God**, and to **someone** I trust.

Getting Rid of Guilt

1. Take a personal **inventory**.

Psalm 139:23-24 *Search me, O God, and know my heart; test me and know my anxious thoughts.*

²⁴ *Point out anything in me that offends you, and lead me along the path of everlasting life.*

Luke 9:23-24 ²³ *Then he said to them all: "If anyone would come after me, he must deny himself and take up his cross daily and follow me. ²⁴ For whoever wants to save his life will lose it, but whoever loses his life for me will save it.*

Inventory helps:

- be **honest**.
- be **specific**.
- put it in **writing**.

2. Accept responsibility for our **faults**.

The biggest holdup to healing is...**us**.

Rationalize = rational **lies**.

Healing starts with being **radically** honest with ourselves concerning our faults.

3. Ask God for **forgiveness**.

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

4. Admit our faults to **another** person.

James 5:16 *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.*

How do we find the right person? It needs to be someone:

- you **trust**.
- not prone to **gossip**, with a **reputation** for keeping confidences.
- who understands the **value** of your commitments.
- mature enough not to be **shocked** by your faults.
- who knows the Lord well enough to **reflect** His forgiveness to you.

5. Accept God's forgiveness and **forgive ourselves**.

How does God forgive?

God forgives **instantly**.

God forgives **freely**.

God forgives **completely**.

Micah 7:18 *Where is another God like you,
who pardons the guilt of the remnant,
overlooking the sins of his special people?
You will not stay angry with your people forever,
because you delight in showing unfailing love.*

Turning Point . . .

The Housecleaning Choice is possible when we realize...

...God's **kindness**.

...God's **faithfulness**.

...God's **promises**.

Our Challenge...

Seekers – Making the choice to surrender control of your life to God is as simple as "A" "B" "C".

To invite Christ into your heart, you can simply pray,

*“Heavenly Father I **admit** that I have left you out of my life,
but this morning, I **believe** that Christ is your Son and that He
died for my sin of rejecting you and that you raised Him from
the dead. I **confess** Him to be my Lord and Savior.
In Jesus' Name, Amen*

Believers – simply ask God,

*“Heavenly Father with your help guilt will not destroy the freedom
you have given through trusting you as my Lord and Savior.
In Jesus' Name, Amen*