

# NORTH HILLS NOTES

## GETTING HEALTHY AGAIN: COMING CLEAN

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"Happy are the pure in heart."

Matthew 5:8 (GN)

### Step Four:

I must openly examine 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."*

Psalms 32:1-2 (LB)

### I. WHY DEAL WITH MY GUILT?

1. IF I DEAL WITH MY GUILT, I'LL GAIN CONFIDENCE .

2. IF I DEAL WITH MY GUILT, MY RELATIONSHIPS WILL IMPROVE.

3. IF I DEAL WITH MY GUILT, I'LL HAVE A BETTER  
FUTURE .

Guilt cannot change the past, just like worry cannot change the future!

### II. HOW TO REMOVE GUILT

1. YOU HAVE TO CLEAN OUT YOUR CLOSET – TAKE A PERSONAL MORAL INVENTORY

*"Let us examine our ways."*

Lamentations 3:40 (NLT)

*Search me O God, and know my heart. Test my thoughts, point out anything You find in me that makes You sad."*

Psalms 139:23-34 (LB)

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2. STOP THE BLAME, DENY AND AVOID GAME!

*"The Lord gave us a mind and a conscience. We cannot hide from ourselves."*  
Proverbs 20:27 (GN)

3. LET GOD DO THE DEEP CLEANING .

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

1 John 1:9 (GN)

*"No matter how deep the stain of your sin is, I can take it out and make you clean as freshly fallen snow."*

Isaiah 1:18 (LB)

4. TELL A CHRISTIAN FRIEND .

*"Admit your faults to one another and pray for each other so that you may be healed."*

James 5:16 (LB)

God says revealing your feelings is the beginning of healing!

5. ACCEPT GOD'S FORGIVENESS AND FORGIVE MYSELF .

*"All of us have sinned."*

Romans 3:23 (LB)

In the face and forgiveness of Jesus, you will discover the permission to become the kind of person you could have been had you never, ever sinned.

GUILT IS REMOVED AND A BRAND NEW LIFE IS YOURS TO LIVE!