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- 
- **R**ealize 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**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
  - **C**onsciously choose to commit all my life and will to Christ's care and control.
  - **O**penly 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."***

***Psalm 32:1-2 (LB)***





## THE REASON FOR THIS STEP

1. Guilt destroys my CONFIDENCE
  2. Guilt damages my RELATIONSHIPS
  3. Guilt keeps me STUCK IN THE PAST
- 



***"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 (GN)***





## HOW TO DO THIS STEP

1. Take a personal MORAL INVENTORY





***"Let us examine our ways and test them, and let us return to the Lord."***

***Lamentations 3:40***





***Take a personal inventory  
make a list of all those things that are both good and bad***





***"Search me, O God, and know my heart, test my thoughts. Point out anything you find in me that makes you sad..."***

***Psalm 138:23-24 (LB)***





## HOW TO DO THIS STEP

1. Take a personal MORAL INVENTORY
  2. Accept RESPONSIBILITY FOR MY FAULTS
- 



***"The Lord gave us a mind and a conscience. We cannot hide from ourselves."***

***Proverbs 20:27 (GN)***





***"If we claim to be without sin, we deceive ourselves and the truth is not in us."***

***1 John 1:8***





## HOW TO DO THIS STEP

1. Take a personal MORAL INVENTORY
  2. Accept RESPONSIBILITY FOR MY FAULTS
  3. Ask GOD FOR FORGIVENESS
- 



***"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 (Ph)***





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

***Isaiah 1:19 (LB)***





## HOW TO DO THIS STEP

1. Take a personal MORAL INVENTORY
  2. Accept RESPONSIBILITY FOR MY FAULTS
  3. Ask GOD FOR FORGIVENESS
  4. **Admit my faults TO ANOTHER PERSON**
- 



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

***James 5:16 (LB)***





## HOW TO DO THIS STEP

1. Take a personal MORAL INVENTORY
  2. Accept RESPONSIBILITY FOR MY FAULTS
  3. Ask GOD FOR FORGIVENESS
  4. Admit my faults TO ANOTHER PERSON
  5. **Accept God's forgiveness and FORGIVE MYSELF**
- 



***"All of us have sinned...yet not God declares us not guilty if we trust in Jesus Christ, who freely takes away our sins."***

***Romans 3:23-24 (LB)***





***"There is no condemnation for those who live in union with Christ Jesus"***

***Romans 8:1***





***"Let us examine our ways and test them, and let us return to the Lord."***

***Lamentations 3:40***





## MORAL INVENTORY

**M**ake Time

**O**pen ourselves up

**R**ely on God

**A**nalyze our past honestly

**L**ist





**CONFESS THE SPECIFIC SINS WE'VE DISCOVERED IN OUR INVENTORY**

**C**onfess our shortcomings, resentments and sins (*Proverbs 28:13*)

**O**bey God's direction (*Romans 14:11-12*)

**N**o more guilt (*Romans 8:1*)

**F**ace the truth (*John 8:12*)

**E**ase the pain (*Psalms 32:3-5*)

**S**top the blame (*Matthew 7:3*)

**S**tart accepting God's forgiveness (*2 Corinthians 5:19*)





***“Therefore confess your sins to each other and pray for each other so that you may be healed.”***

***James 5:16***





***“The purpose of a person’s heart are deep waters, but one who has insight draws them out.”***

***Proverbs 20:5 (LB)***





***“Two are better than one because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.”***

***Ecclesiastes 4:9 (LB)***





***“As iron sharpens iron, so one person sharpens another.”***

***Proverbs 27:17 (LB)***





***“It’s better to heed the rebuke of a wise person than to listen to the song of fools.”***

***Ecclesiastes 7:5 (LB)***





***“Come now, let us settle the matter says the Lord, though your sins are like scarlet they shall be like wool.”***

***Isaiah 1:18 (LB)***

