

- 
- 
- **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

Make Time

Open ourselves up

Rely on God

Analyze our past honestly

List





CONFESS THE SPECIFIC SINS WE'VE DISCOVERED IN OUR INVENTORY

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

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

No more guilt (*Romans 8:1*)

Face the truth (*John 8:12*)

Ease the pain (*Psalms 32:3-5*)

Stop the blame (*Matthew 7:3*)

Start 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)

