



Life's Healing Choices

Coming Clean | Week 4

October 25 & 26, 2025

My Choice #1 (The Reality Choice):

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

My Choice #2 (The Hope Choice):

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

My Choice #3 (The Commitment Choice):

Consciously choose to commit all my life and will to Christ's care and control.

My Choice #4 (The House Cleaning Choice):

Openly examine and confess my faults to myself, to God, and to someone I trust.

Matthew 5:8 (NIV)

Blessed are the pure in heart, for they will see God.

3 Realities About Guilt:

- **Guilt undermines my _____.**

Proverbs 28:1 (TPT)

Guilt criminals experience paranoia even though no one threatens them. But the innocent lovers of God, because of righteousness, will have the boldness of a young, ferocious lion!

- **Guilt wrecks my _____.**

Proverbs 16:28 (TPT)

A twisted person spreads rumors; a whispering gossip ruins good friendships.

- **Guilt chains me to my _____.**

Psalms 38:4 (TPT)

I'm overwhelmed, swamped, and submerged beneath the heavy burden of my guilt. It clings to me and won't let me go.

John 10:10b (NLT)

My purpose is to give them a rich and satisfying life.

“Jesus doesn’t want you to be religious – He wants you to be real.”

I Come Clean When...

1 I get honest with _____.

Lamentations 3:40 (GNT)

Let us examine our ways and turn back to the Lord.

2 Corinthians 13:5 (GW)

Examine yourselves to see whether you are still in the Christian faith.

Test yourselves! Don’t you recognize that you are people in whom

Jesus Christ lives? Could it be that you’re failing the test?

Galatians 6:4 (GW)

Each of you must examine your own actions. Then you can be proud of your own accomplishments without comparing yourself to others.

Practical Step:

_____ my struggles, because thoughts become clearer when expressed through words and writing.

2 I take responsibility rather than making _____.

“You can make excuses or you can make progress, but you can’t make both.”

Proverbs 20:27 (GNT)

The Lord gave us mind and conscience; we cannot hide from ourselves.

Galatians 6:5 (TPT)

Every believer is ultimately responsible for his or her own conscience.

Romans 14:12 (TPT)

Therefore, each one must answer for himself and give a personal account of his own life before God.

Practical Step:

Stop saying “It’s not my fault.” _____ my actions so the healing can begin.

3 I ask God for daily _____.

1 John 1:9 (TPT)

But if we freely admit our sins when his light uncovers them, he will be faithful to forgive us every time. God is just to forgive us our sins because of Christ, and he will continue to cleanse us from all unrighteousness.

4 Biblical Benefits to Admitting My Sin:

- _____ my spiritual growth
- _____ my fellowship with God
- Makes me _____ of my sin
- _____ deeper community and accountability

Matthew 6:12 (TPT)

Forgive us the wrongs we have done as we also release forgiveness to those who have wronged us.

Practical Step:

Instead of bargaining or begging, simply _____ my sins and accept God's mercy.

4

I must share _____ with someone trustworthy and willing to hold me accountable.

James 5:16 (TPT)

Confess and acknowledge how you have offended one another and then pray for one another to be instantly healed, for tremendous power is released through the passionate, heartfelt prayer of a godly believer!

1 Thessalonians 5:11 (NLT)

So encourage each other and build each other up, just as you are already doing.

Colossians 3:13 (NLT)

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Practical Step:

Choose one godly, trusted _____ to share my burdens with and hold me accountable.

5

I fully accept that God _____ me, and release myself from self-condemnation.

Romans 3:23-24 (TPT)

...for we all have sinned and are in need of the glory of God. Yet through his powerful declaration of acquittal, God freely gives away his righteousness. His gift of love and favor now cascades over us, all because Jesus, the Anointed One, has liberated us from the guilt, punishment, and power of sin!

Romans 8:1 (NLT)

So now there is no condemnation for those who belong to Christ Jesus.

Practical Step:

Create a list of affirmations that focus on God's forgiveness.

_____ this list daily to reinforce your acceptance of His grace and release self-condemnation.

3 Realities of Coming Clean:

- **God forgives _____.**

Isaiah 1:18 (NLT)

"Come now, let's settle this," says the LORD. "Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool."

- **God forgives _____.**

Ephesians 2:8-9 (NLT)

God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.

- **God forgives _____.**

Micah 7:19 (NLT)

Once again you will have compassion on us. You will trample our sins under your feet and throw them into the depths of the ocean.



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- **God forgives freely.**

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God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. Salvation is not a reward for the good things we have done, so none of us can boast about it.

- **God forgives completely.**

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