

Life's Healing Choices: 4 of 8
"The House Cleaning Choice"
Cornerstone Church of Poway
Pastor Ed Turley
October 30, 2022

The Housecleaning Choice: I openly examine and confess my faults to myself, to God, and to someone I trust.

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

Matthew 5:8 (NIV) Remember Verse

To Start My Spiritual House Cleaning, I Will:

1. Take A Personal Moral Inventory

"Therefore, since Christ suffered in his body, arm yourselves also with the **same attitude**, because he who has suffered in his body is done with sin. As a result, he does not live the rest of his **earthly life** for evil human desires, but rather for the will of God. For you have spent **enough time** in the past doing what pagans choose to do--living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry. They think it strange that you do not plunge with them into the same flood of dissipation, and they heap abuse on you." **1 Peter 4:1-4 (NIV)**

"Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

Psalms 139:23-24 (NIV)

What is my tendency? _____

Why? _____

➤ *Person: (resentment, or fear) =* _____

➤ *Cause: (specific action) =* _____

➤ *Effect: (how that specific action affected your life) =* _____

Cause

- Unpredictable _____
- Chaotic _____
- Dismissive _____
- Abusive _____
- Strict _____

Effect

- Analytical _____
- Controlling _____
- Apathetic _____
- Explosive _____
- People pleaser _____

➤ *Damage: (social, security, sexual) =* _____

➤ *My Part: (any sin or injury you are responsible for) =* _____

2. Accept Responsibility For My Faults

- **With Myself**

“For we are each responsible for our own conduct.” **Galatians 6:5 (NLT2)**

- **With God**

“Don’t be misled—you cannot mock the justice of God. You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.” **Galatians 6:7-8 (NLT2)**

- **With Someone I Trust**

“Therefore **confess** your sins to each other and **pray** for each other so that you may be **healed**.” **James 5:16 (NIV)**

“Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other’s burdens, and in this way obey the law of Christ.” **Galatians 6:1-2 (NLT2)**

3. Ask God For Forgiveness And Forgive Myself

“Have **mercy** on me, O God, because of your **unfailing love**. Because of your great **compassion**, blot out the stain of my sins. **Wash me clean from my guilt. Purify** me from my sin. For I recognize my **rebellion**; it haunts me day and night. Against you, and you alone, have I **sinned**; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just.”
Psalms 51:1-4 (NLT2)

Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, “I will confess my rebellion to the LORD.” And you forgave me! All my guilt is gone. Interlude **Psalms 32:5 (NLT2)**

“But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.” **1 John 1:9 (NLT2)**

➤ Will I come clean to the Lord?

My next right step, I will:

- Take a personal moral inventory.
- Accept responsibility for my faults.
- Accept God’s forgiveness and forgive myself.
- Follow Jesus in Believer’s Baptism on November 20th.

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[This is only a guide – select the points you want to discuss]

Open in Prayer.

Icebreaker: What part of house cleaning do you like the least? Dishes? Vacuuming? Putting things away? Cleaning the bathrooms? Other?

The House Cleaning Choice: I openly examine and confess my faults to myself, to God, and to someone I trust.

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

Matthew 5:8 (NIV) Remember Verse

Teacher's Outline and Study Bible - Commentary - Matthew, Volume 1.

To be pure in heart is to have a clean heart; to be unsoiled and uncompromised; to be cleansed and forgiven; to have a single purpose, that of God's glory.

Wiersbe Expository Outlines: Not sinlessness (1 John 1:8) but the truth within (Ps. 51:6). It means a single heart, not divided between God and the world.

To Start My Spiritual House Cleaning, I Will:

1. Take A Personal Moral Inventory

Read 1 Peter 4:1-4

How can suffering change a person's life for the better?

How have you seen this to be true in your own life?

Why would the radical change in a Christians life be upsetting to their non-believing friends?

How can you arm yourself with the attitude of Jesus?

2. Accept Responsibility For My Faults

• **With Myself**

Read Galatians 6:5

Does our culture encourage personal responsibility? Why or why not?

How do you think this will influence the next generation?

What are some of your responsibilities that you need to honor?

- **With God**

Read Galatians 6:7-8

What is Paul's main point in contrasting the Spirit with our sinful nature?

Where in your life do you need to sow to please the Spirit instead of your sinful nature?

- **With Someone I Trust**

Read James 5:16

Who is someone you admire as a person of prayer?

How is confession and prayer part of the healing process?

Who has helped you the most to keep accountable in your walk with the Lord?

Read Galatians 6:1-2

As brothers and sisters in Christ, what responsibility do we have for each other?

3. Ask God For Forgiveness And Forgive Myself

Read Psalm 51:1-4

In light of David's arrogance, adultery, deception, and murder, how does he dare approach God?

Read Psalm 32:5

Does it ever really work to cover up our sins? Why or why not?

Has guilt been eating at you? If so, what should you do?

What will God do if you confess your rebellion?

- Choose a time this week to get alone with God and reflect on your life.
Consider your tendencies to sin.
Write down any cause and effect that has plagued your life.
Use Psalm 139:23-24 as a honest prayer to the Lord.
Journal down your thoughts and action steps towards healing.