

Celebrate Recovery IV: Openly Examine

November 1st & 2nd, 2014

Psalm 139:23-24

“The Psalmist trusts God and invites Him to prove his innermost thoughts and feelings. He submits himself to God’s correction and direction.”¹

Eight Principles ...

1. **R**ealize 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. ...
2. **E**arnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.
3. **C**onsciously choose to commit all my life and will to Christ's care and control.
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust.
5. **V**oluntarily submit to every change God wants to make in my life and humbly ask him to remove my character defects.
6. **E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.
7. **R**eserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.
8. **Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words.²

❖ Principles 4 through 6 work on getting right with God, yourself, and others. The road to recovery is not meant to be traveled alone. You need friends and mentors that you can trust.³

Principle Four: **O**penly examine and confess my faults to myself, to God, and to someone I trust.

Matthew 5:8 “*Blessed are the pure in heart, for they shall see God.*”

Pure: “pure from defilement, not contaminated ...”⁴

Pure: “signifies to separate, free, clear ... Free from moral defilement; ... Genuine; real; true; ... unmixed...”⁵

Step Four: We made a searching and fearless moral inventory of ourselves.

Lamentations 3:40 “*Let us test and examine our ways, and return to the Lord.*”

“Your inventory is basically a written list of the events of your past – both good and bad. (Balance is important.) Seeing your past in print brings you face to face with the reality of your character defects. Your inventory becomes a black-and-white discovery of who you truly are way down deep.”³

Ephesians 4:31 “*Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.*”

“It has been said that ‘hurt people hurt people’”³

Questions to consider for a personal inventory:

- ⇒ **Relationships:** Who has hurt you? Have you tried to justify your bad attitude by saying that it is “their fault?” Who have you hurt? Are you jealous of someone?
- ⇒ **Attitude:** In what areas of your life are you ungrateful? What in your past is still causing you fear or anxiety? What in your past is interfering with your doing God’s will (ambitions, pleasures, priorities)?
- ⇒ **Integrity:** In what past dealing have you been dishonest? Have you stolen? Have you pretended to live one way in front of your Christian friends and another way at home or at work?

Process of our personal inventory:

Confess your shortcomings, resentments, and sins

- ❖ God wants us to come clean and admit the wrong that is wrong

“Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.” Proverbs 28:13

Obey God’s direction

- ❖ Confession restores relationships!

“Therefore, confess your sins to one another and pray for one another, that you may be healed. ...” James 5:16

“We confess our sins to God for forgiveness, and we confess our sins to one another for healing!”

- Rick Warren

No more guilt

- ❖ We no longer have to move through life looking in the “rear-view mirror” second guessing ourselves and others because of past guilt and regrets.

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” 1 John 1:9

Face the truth

- ❖ Healing and recovery requires transparency and honesty. Jesus said *“I am the light of the world. However follows me will never walk in darkness but will the light of life” John 8:12 NIV*

“Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.” Psalm 51:6

Ease the pain

“We are only as sick as our secrets! When we share our deepest secrets, we begin to divide the pain and the shame. A healthy self-worth develops that is no longer based on the world’s standards but on the truth of Jesus Christ.”³

“There is therefore now no condemnation for those who are in Christ Jesus.” Romans 8:1

Stop the blame

- ❖ We cannot find true peace if we continue to blame ourselves and others. Our secrets isolate us and hinder growth in all personal relationships.

“Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?” Matthew 7:3

Start accepting God’s forgiveness

- ❖ Accepting God’s forgiveness begins the healing in our lives and enables us to extend that healing to others.

“...if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.” Colossians 3:13-14

“[As we C-O-N-F-E-S-S,] we open our lives to the healing, reconciling, restoring, uplifting grace of Jesus Christ who loves us in spite of ourselves.”³

1 John 1:7

“But if we walk in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.”

Endnotes:

¹ Sproul, R.C. *The Reformation Study Bible*. Orlando: Ligonier Ministries, 2005.

² Baker, John. "Eight Principles Based on the Beatitudes By Pastor Rick Warren." *Growing in Christ While Helping Others*. Grand Rapids, MI: Zondervan, 2012. 10. Print.

³ Baker, John. *Celebrate Recovery: Leader's Guide*. Grand Rapids, MI: Zondervan, 2012. Print.

⁴ Vine, W.E. *Vine's Expository Dictionary of Old & New Testament Words*. Nashville: T. Nelson Publishers, 1997.

⁵ Webster, Noah. *American Dictionary of the English Language (1828 Facsimile Edition)*. San Francisco: Foundation for American Christian Education, 1989.