

Week 5

Step 5: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

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

Principle 4: Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.” Matthew 5:8a TEV

There are two lessons that go along with Step 5:

- 1) The first lesson is Confess: How do we tell someone else about our mess?

C _____

O _____

N _____

F _____

E _____

S _____

S _____

- 2) The second lesson that goes along with Step 5 is Admit: Questions to ask and guidelines:

There are two questions to ask ourselves when we are ready to admit our faults to another:

- a) One, _____?

Four things we *lose* when we tell someone else our secrets and sins:

- 1) Our sense of _____

- 2) Our unwillingness to _____
- 3) Our inflated, false _____
- 4) Our sense of _____

Three benefits we *gain* when we tell someone else our secrets and sins:

- 1) _____ that the Bible promises
- 2) _____
- 3) _____

b) The second question to ask ourselves is, _____?

Three things to go by:

- 1) Someone of the same _____ as you (someone you trust and respect)
- 2) Ask your _____ or _____ partner (make sure they have completed Principle 4 or Steps 4 and 5)
- 3) Set an appointment with the person WITHOUT _____ (allow for *at least* _____ hours)

Four Guidelines for the Meeting:

- 1) Start with prayer: ask for courage, humility, and _____
- 2) Two, read the Principle _____ verses found on page 25 in the Participant Guide *3, Getting Right with God, Yourself, and Others*
- 3) Keep sharing _____ -include both weaknesses AND strengths
- 4) End in _____: thank God for the tolls He has given you and for complete forgiveness in Christ