

## 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