



COMING UP TO BREATHE - Part 3 of 6

Examine Myself with Fearless Honesty

June 19, 2016

Then you will know the truth and the truth will set you free.
John 8:32 (NIV)

STEPS TO WALKING FREE

- 1. ADMIT THAT I'M POWERLESS TO CONTROL TENDENCIES TO DO WRONG AND THAT MY LIFE HAS BECOME UNMANAGEABLE.**
- 2. SURRENDER MY LIFE AND WILL TO THE CARE AND CONTROL OF JESUS CHRIST.**
- 3. EXAMINE MYSELF WITH FEARLESS HONESTY, CONFESSING MY FAULTS TO MYSELF, TO GOD, AND SOMEONE I TRUST.**

Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight! Yes, what joy for those whose record the Lord has cleared of guilt, whose lives are lived in complete honesty! Psalm 32:1-2 (NLT)

I have seen their ways, but I will heal them anyway! Isaiah 57:18-19 (NIV)

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends You, and lead me along the path of everlasting life. Psalm 139:23-24 (NLT)

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy. Proverbs 28:13 (NLT)

If we claim to be without sin, we deceive ourselves and the truth is not in us. 1 John 1:8 (NIV)

The Lord's light penetrates the human spirit, exposing every hidden motive. Proverbs 20:27 (NLT)

For the kind of sorrow God wants us to experience leads us away from sin and results in salvation. There's no regret for that kind of sorrow. But worldly sorrow, which lacks repentance, results in spiritual death. 2 Corinthians 7:10 (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." Isaiah 1:18 (NLT)

Confess your sins to each other and pray for each other so that you may be healed. James 5:16 (NLT)