

STEPS

Part 3

Coming Clean

Pastor Ken continued the series *Steps* inspired by John Ortberg's book. We are looking at how Jesus helps people get unstuck. We invite you to join us to take your next step forward with someone at work, your family, or find a place to do it alone or with a friend. Let's grow and do life together during this series.

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

1. How do you deal with the dirty laundry in your life when there are stains in your spirit and soul? Begin by reading Psalm 139:23-24, Isaiah 1:18, and James 5:16. God will make us clean from all the wrong things we have done. The word "confess" means to say the same thing about my sin (thoughts, attitudes, and actions) that God says. There is cleansing power when we confess our sins to God and others.
2. In coming clean we can receive the healing power of the forgiveness of God. Coming clean includes making the choice to get rid of bitterness and resentment by forgiving others (read Matthew 18:21-22, Romans 12:19, and Ephesians 4:32). Over time memories of hurt lose their power or control over you.
3. Coming clean includes making amends when we have wronged or caused others pain (read Matthew 5:23-24, Luke 19:8, and Romans 12:18). When we make amends, we think about how our actions words, or attitudes have hurt others and we do what we can to try to make things right. Is there a phone call you need to make or an apology you need to give? Take the first step to do what you can to make amends. You can't control how others will respond, only what you do. If you do you can look at yourself in the mirror and know that you are clean before God and others.
4. As God to forgive you and receive God's grace. If you have been harboring anger or resentment, what step of reconciliation can you take. Have you done everything that you could have to make amends with someone in your life that you should be doing? Identify one step you'll take to walk differently based on our lesson here.

Close in prayer