

“LURING THEM INTO THE OPEN”

It Came From Within, Part 2

August 29th, 2010

The Bible teaches that things we allow to stay in darkness grow over time and come out in various ways in our life

Guilt, jealousy, greed, and anger can be better understood and dealt with by thinking of them in a “debt/debtor” relationship which causes an imbalance in our relationships

Jesus doesn't use guilt to get His way in our lives

Guilt is extraordinarily unhealthy if not dealt with

Romans 2:4 (NIV) “Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God's kindness leads you toward repentance?”

Guilt says, “I owe you”

Guilt is like a weight or burden we carry around

Unresolved guilt goes with you wherever you go and affects all your relationships

Underneath guilt you find anger which is directed at yourself

It is almost impossible to please someone carrying a load of guilt

- 2 options with guilt:
1. Repay the debt which is sometimes impossible to do
 2. ask the offended party to cancel the debt which involves confession

You'll never adequately forgive yourself as long as your guilt is a secret

Scripture has more to say about confessing your guilt to others than to God

Freedom comes when you go to the offended person & shine the big spotlight of truth on your guilt

Numbers 5:5-7 (NIV) “The Lord said to Moses, ‘Say to the Israelites: “When a man or woman wrongs another in any way and so is unfaithful to the Lord, that person is guilty and must confess the sin he has committed. He must make full restitution for his wrong, add one fifth to it and give it all to the person he has wronged.”’

Luke 19:8-9 (NIV) “But Zacchaeus stood up and said to the Lord, ‘Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount.’ Jesus said to him, ‘Today salvation has come to this house, ...’”

Matthew 5:23-24 (NIV) "Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."

James 5:16 (NIV) "Therefore confess your sins to each other and pray for each other so that you may be healed."

The way to get right on the inside is go to the people on the outside that you've wronged or offended

The sins we only confess to God, we tend to Repeat

The goal of confession isn't a clear conscience but a clean life; it isn't to feel better but to change

God is more concerned with your heart than you feeling good momentarily

Confession doesn't hurt people - sin and concealment hurts people

The reason we don't confess our sins is we're scared of the consequences

The consequences of confession are tangible, usually immediate, and impact a handful of people

The consequences of concealment are intangible, can drag out for a lifetime and impact most of your relationships

Take Baby Steps:

1. Confess to someone you know and trust
2. Confess to the person you wronged
3. Make Restitution as best you can

Here's what happens when you confess:

- Your outside world will become momentarily more complicated
- Inside you will become free
- Once you work thru the complications of the outside world, you'll be a better person
- You'll be set up to love unconditionally & accept other people
- You can forgive yourself

Confession breaks the power of guilt

My Next Step Today Is:

- There is someone I've wronged. I will go to them this week and _____ my sin