Lesson 13

Admit

**Principle 4**: Openly examine and confess my hurts, hang-ups, and habits to myself, to God, and to someone I trust.

*“Blessed are the pure in heart, for they will see God.” (Matthew 5:8)*

**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 5:16)*

**Introduction**

This week we are going to focus on confessing (admitting) our hurts, hang-ups and habits to another person.

**Why Admit My Wrongs?**

This part of Principle 4 is often difficult for people. I am often asked, “Why do I have to admit my wrongs to another?”

Many of us have been keeping secrets almost all of our lives. Every day those secrets take a toll on us. The toll we pay is emotional and physical pain, and keeps us in bondage to our habits.. Admitting —out loud —those secrets strips them of their power. They lose much of their hold on us when they are spoken.

Still, we are afraid to reveal our secrets to another person, even someone we trust. We somehow feel as if we have everything to lose and nothing to gain. I want you to hear the truth tonight. Do you know what we *really* have to lose by telling our secrets and sins to another?

1. *We lose our sense of isolation.* Somebody is going to walk alongside us in our pain. Our sense of aloneness will begin to vanish.
2. *We will begin to lose our unwillingness to forgive.* When people accept and forgive us, we start to see that we can forgive others.
3. *We will lose our inflated*, *false pride.* As we see and accept who we are, we begin to gain true humility, which involves seeing ourselves as we really are and seeing God as He really is.
4. *We will lose our sense of denial*. Being truthful with another person will tear away our denial.

Now that you know what you have to *lose* when you admit your wrongs to another, let me tell you three benefits you will *gain*.

1. *We gain healing that the Bible promises.* Look at James 5:16 again: “Confess your sins to each other and pray for each other so that you may be healed.” The key word here is *healed*. The verse doesn’t say, “Confess your sins to one another and you will be forgiven.” God *forgave* you when you confessed your sins to *Him*. Now He says you will begin the healing process when you confess your sins to *another*.
2. *We gain freedom.* Our secrets have kept us in chains — bound, frozen, unable to move forward in any of our relationships with God and others. Admitting our sins *snaps* the chains so God’s healing power can start.“Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains.” (Psalm 107:13 – 14)

Unconfessed sin, however, will fester. In Psalm 32:3 –4 David tells us what happened to him when he tried to hide his sins: “When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.” Remember, Openness is to wholeness as secrets are to sickness. My grandpa used to say, “If you want to clear the stream, you need to get the hog out of the spring.” Admit and turn from your sins. Remember that the only sin God can’t forgive is the one that is not confessed.

*3. We gain support.* When you share your inventory with another person, you get support! The person can keep you focused and provide feedback. When your old friend “denial” surfaces and you hear Satan’s list of excuses — “It’s really not that bad”; “They deserved it”; “It really wasn’t my fault” — your support person can be there to challenge you with the truth. But most of all, you need another person simply to listen to you and hear what you have to say.

**How Do I Choose Someone?**

You get to choose the person who you share your inventory with, so choose carefully! You don’t want someone to say, “You did what?” or “You shouldn’t have done that.” You don’t need a judge and jury. We already talked about the verdict. Remember Romans 3:23 – 24: “for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.” and 1 John 1:9: “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”

1. *Choose someone of the same sex as you, whom you trust and respect.* Enough said!
2. *Ask your sponsor or accountability partner or someone else you trust.* They will have a sense of empathy, and if the person can share personal experiences, you will have a healthy exchange.
3. *Set an appointment with the person*, *a time without interruptions!* Get away from the telephones, kids, all interruptions for at least two hours. I have heard of some inventories that have taken eight hours to share. That’s perhaps a little dramatic.

**Guidelines for Your Meeting**

1. Start with prayer. Ask for courage, humility, and honesty. Here is a sample prayer for you to consider:

*God, I ask that You fill me with Your peace and strength during my sharing of my inventory. Thank You for sending Your Son to pay the price for me, so my sins can be forgiven. During this meeting help me to be humble and completely honest. Help me to share all of the wounds from my past, so I can begin to find healing. Thank You for providing me with this program and*

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (the name of the person with whom you are sharing your inventory). Thank You for allowing the chains of my past to be snapped. In my Savior’s name I pray, Amen.*

1. Read the Principle 4 verses in the Participant’s Guide*.*
2. Keep your sharing balanced —weaknesses and strengths!
3. End in prayer. Thank God for the tools He has given to you and for the complete forgiveness found in Christ!