

**COMING CLEAN**  
**The Road to Recovery - Part 4**  
**Pastor K. Doug Allen**  
*(Taken from the Series by Pastor Rick Warren)*

**R.E.C.O.V.E.R.Y.**

- **Realize** I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.
- **Earnestly** believe that God exists, that I matter to Him, and that He has the power to help me recover.
- **Consciously** choose to commit all my life and will to Christ's care and control.
- **Openly EXAMINE and CONFESS** my faults to myself, to God, and to **SOMEONE** I trust.

“What happiness for those whose guilt has been forgiven! What relief for those who have confessed their sins and God has cleared their record.” Ps. 32:1–2 (TLB)

**I. THE REASON FOR THIS STEP**

1. Guilt destroys my **CONFIDENCE**.
2. Guilt damages my **RELATIONSHIPS**.
3. Guilt keeps me **PAST**.

**When we swallow our guilt, our stomach bears the burden.**

“You will never succeed in life if you try to hide your sins. Confess them and give them up, then God will show mercy to you.” Prov. 28:13 (GNB)

**II. HOW TO DO THIS STEP**

1. Take a personal **MORAL INVENTORY**.

“Let us examine our ways and test them.” Lam. 3:40

“Search me, O God, and know my heart, test my thoughts. Point out anything you find in me that makes you sad.” Ps. 138:23–24 (TLB)

2. Accept **RESPONSIBILITY FOR MY FAULTS**.

“The Lord gave us a mind and a conscience. We cannot hide from ourselves.” Prov. 20:27 (GNB)

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

**Don't blame others and your circumstances. Yes, others may have played a role in your life, but you're not responsible for them, you are responsible for you – take responsibility for your decisions and responses to the circumstances of your life – matter how difficult.**

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3. Ask **GOD FOR FORGIVENESS**.

“If we freely admit that we have sinned, we find God utterly reliable ... he forgives our sins and makes us thoroughly clean from all that is evil.” 1 John 1:9 (Phillips)

“No matter how deep the stain of your sins, I can take it out and make you clean as freshly fallen snow.” Isa. 1:19 (TLB)

**Four important B's in receiving forgiveness from God:**

- a. Don't ~~BEG~~
- b. Don't ~~BARGAIN~~
- c. Don't ~~BRIBE~~
- d. JUST BELIEVE!**

4. Admit (*ομολογία omología to say about a thing the same thing that God says.*) my faults **TO ANOTHER PERSON**.

“Admit your faults to one another and pray for each other so that you may be healed.” James 5:16 (TLB)

- Who?
  - Somebody you trust. Somebody who can keep a confidence, who is not a gossip and who has a reputation for keeping a confidence. You don't need to tell somebody and then next week it's in *National Enquirer*.
  - 2. Somebody who understands the value of what you're doing.
  - 3. Somebody who is mature enough that they are not going to be shocked.
  - 4. Somebody who knows the Lord well enough that they can reflect His forgiveness to you. That may be a lay pastor, a close trusted friend, a Christian counselor. Most genuine Christians I know would be honored to listen to your fourth step.
- What do you say?
  - “I just need somebody to listen to me take my fourth step in recovery. Here's some things I know are wrong in my life, this is what I've done, this is what I've felt. Here are the habits, the hurts, the hang-ups.”
- When?
  - As soon as possible. Don't procrastinate.

We're only as sick as the secrets we keep... **VIDEO CLIP**

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5. Accept God's forgiveness and **FORGIVE MYSELF.**

"All of us have sinned ... yet not God declares us not guilty if we trust in Jesus Christ, who freely takes away our sins." Rom. 3:23-24 (TLB)

"There is no condemnation for those who live in union with Christ Jesus" Rom. 8:1

**You have the right to remain stupid... anything you say, WON'T be held against you in the court of heaven. However, any secrets you keep will.**