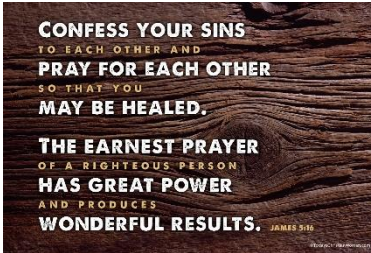


## ADMIT Lesson 13



Principle 4 Openly examine and confess my faults to myself, to God, and to someone I trust.

*“Happy are the pure in heart” (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).*

### A-D-M-I-T

People often ask me why they need to admit their wrongs to another person. There are three main reasons.

### Why Admit My Wrongs?

We gain healing that the Bible promises. Look at James 5:16 again. God’s word tells us that we are to admit our wrongs, our sins, to one another. You do this not to receive their forgiveness, for God already forgave you when you confessed your wrongs and sins to Him. James 5:16 says to confess your sins to one another for healing. Sharing our secrets, struggles, and failures with another is part of God’s plan of our healing process. The road to recovery is not meant to be walked alone.

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We gain freedom. Our secrets have kept us in chains, bound up, frozen, unable to move forward in all our relationships. Admitting our sins snaps the chains.

*“They cried to the Lord in their troubles, and He rescued them! He led them from the darkness and the shadow of death and snapped their chains” (Psalm 107:13-14, TLB).*

We gain support. When you share your inventory with another person, you get support! The person can keep you focused and provide feedback. He or she can challenge you when denial surfaces. Most important, the person will listen!

### **How Do I Choose Someone?**

Choose someone of the same sex as you whom you trust and respect.

Ask your sponsor or accountability partner. Just be sure they have completed Principle 4 or Steps 4 and 5.

3. Set an appointment with the person, a time without interruptions! It usually takes two to three hours to share your inventory.

### **Guidelines for Your Meeting**

Start with prayer. Ask for courage, humility, and honesty. Here is a sample **prayer**:

“Dear God, I ask that You fill me with Your peace and strength during my sharing of my inventory. I know that You have forgiven me for my past wrongs, my sins. Thank You for sending Your Son to pay the price for me, so my sins can be forgiven. During this meeting help me be humble and completely honest. Thank You for

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providing me with this program and: (insert 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 Saviour's name I pray, Amen."

1. Read the Principle 4 verses.
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!

***"But if we confess our sins, He will forgive our sins, because we can trust God to do what is right. He will cleanse us from all the wrongs we have done" (1 John 1:9, NCV).***

**Think/write/discuss**

1. In Principle 4 we are asked to give our inventory three times. Who are we to confess it to and why?
  
  
  
  
  
  
  
  
  
  
2. Most of us find it easier to confess our wrongs to ourselves and God. We seem to have more difficulty in sharing them with another person. What is the most difficult part for you? Why?

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3. What is your biggest fear of sharing your inventory with another person?

4. Pick a quiet location to share your inventory. List three places and circle the best one.

Now you are ready for one of the most liberating experiences of your life here on this Earth! You will appreciate James 5:16 as never before.

***“Therefore confess your sins to each other and pray for each other so that you may be healed.”***

## Principle 4 Verses

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

*“You were dead in sins, and your sinful desires were not yet cut away. Then He gave you a share in the very life of Christ, for He forgave all your sins, and blotted out the charges prove against you, the list of His commandments which you had not obeyed. He took this list of sins and destroyed it by nailing it to Christ’s cross. In this way God took away Satan’s power to accuse you of sin, and God openly displayed to the whole world Christ’s triumph at the cross where your sins were all taken away” (Colossians 2:13-15, TLB).*

*“If we say that we have no sin, we are only fooling ourselves, and refusing to accept the truth. But if we confess our sins to Him, He can be depended on to forgive us and to cleanse us from every wrong (And it is perfectly proper for God to do*

*this for us because Christ died to wash away our sins)” (1 John 1:8-9, TLB).*

*“A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance” (Proverbs 28:13, TLB).*

*“Yes, each of us will give an account of himself to God” (Romans 14:12, TLB).*

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***“There was a time when I wouldn’t admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. All day and all night Your hand was heavy on me. My strength evaporated like water on a sunny day until I finally admitted all my sins to You and stopped trying to hide them. I said to myself, ‘I will confess them to the Lord.’ And You forgave me! All my guilt is gone” (Psalm 32:3-5, TLB) .***

***“So there is now no condemnation awaiting those who belong to Christ Jesus” (Romans 8:1, TLB).***