

He Gets Us.

Jesus doesn't let me off and doesn't let me down. So, I confess my wrongs.

May 15, 2022 Message Notes

TEXT: LUKE 18:10-14, JAMES 5:16

Our defects don't disqualify us from the future God has for us. On the contrary, they should help open our eyes to our needs and God's love. If you want mental health and peace of mind, the step of admission is essential. Lay down your shame burden and leave it with God.



NOTES

“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.”

PROVERBS 28:13

“To some who were confident of their own righteousness and looked down on everyone else, Jesus told his parable: Two men went up to pray, one Pharisee and the other a tax collector. The Pharisee stood by himself and prayed: “God, I thank you that I am not like other people – robbers, evil doers, adulterers - or even like this tax collector. I fast twice a week and give a 10th of all I get.” But the tax collector stood at a distance. He wouldn't even look up to heaven, but beat his breast and said, “God, have mercy on me, a sinner.” I tell you that this man, rather than the other, went home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

LUKE 18:9-14

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

If you want mental health and peace of mind, the step of admission is essential.

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

JAMES 5:16

“Search me, O God, and know my heart, try me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting.”

PSALM 139:23-24

The Lord wants us to face the truth of our deep need.

Jesus is the Lamb of God who takes away the sin of the world. Your world.

Lay down your shame burden and leave it with God.

Coming clean and confessing wrongs, even to those we trust and who are trustworthy, is important but can be scary.

We dread the idea of letting someone see the ‘true’ me. Will they still be kind or knock me in the head?

In Step 4 we do a fearless moral inventory. Then what?



- Take a step of identity and self-awareness – admit it's yours.
- Take a step of integrity – own the truth, with no blame or avoidance.
- Take a step of community – confess to God, yourself and another human being. It's how we let shame blow away.

Jesus gets us and he gets us healthier.

He doesn't let me off and doesn't let me down. So, I confess my wrongs.

When we confess our wrong, God has a way of meeting us at the wound.

"If we confess our sin, God is faithful and just to forgive us our sin and cleanse us from all unrighteousness."

1 JOHN 1:9

Our defects don't disqualify us from the future God has for us. They help open our eyes to our needs and God's love.

Confession is an ongoing practice. It's like breathing – exhale the bad air, inhale the good.

How?

1. Make a list
2. Own it before God
3. Talk to another human being, a trusted, trustworthy other
4. Receive prayer and freedom from shame in love by faith

