

Welcome To
Celebrate Recovery
Moral
(April 14, 2010)

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Celebrate Recovery Moral

A. Introduction - How we can have a pure heart.

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

Principle 4

"Happy are the **pure in heart**" Matthew 5:8

"**If we say we have no sin**, we are only fooling ourselves and refusing to accept the truth. But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong. **If we claim we have not sinned**, we are calling God a liar and showing that his word has no place in our hearts". 1 John 1:8-10

B. There are three persons mentioned in Principle 4.

1. Myself

"There is a way that seems right to a man (**we rationalize**), but in the end it leads to death." Proverbs 14:12

2. God

"Come now, **let's settle this**," says the LORD. "Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool. If you will only obey me, you will have plenty to eat."
Isaiah 1:18-19

3. Someone I trust

"Admit your faults to one another and pray for each other so that you may be healed." James 5:16

C. We are going to use the word, Moral, as an acrostic.

1. "M" stands for "MAKE TIME".

"For everything there is a season, a time for **every activity** under heaven."
Ecclesiastes 3:1

2. "O" stands for "OPEN".

"Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life." Psalm 139:23-24

The heart is the central core of our humanity and is defined as:

- a. Our reason _____
- b. Our emotions _____
- c. Our wills _____

Our **thoughts** come from _____

Our hearts and our thoughts are influenced by _____

"Then listen to me. Keep silence and I will teach you wisdom" Job 33:33

D. "R" stands for "RELY".

"I can do everything with the help of Christ who gives me the strength I need."
Philippians 4:13

"I myself no longer live, but Christ lives in me. So I live my life in this earthly body

by trusting in the Son of God who loved me and gave himself for me." Galatians 2:20

E. "A" stands for "ANALYZE".

F. "L" stands for "LIST".

Self Evaluation Questions

1. Do you feel convicted about something?

2. Do I have feelings of resentment?

- Resentment usually comes from burying hurts - stuffing.
- This causes anger, frustration, depression, and many other undesirable reactions.

3. Do I have fears?

4. Am I depressed?

- Do you feel like you are under a cloud?
- Are problems getting you down? (Physical problems? Financial problems? Relationship problems? Self Esteem problems?)
- Do you feel that you have no alternatives?

5. Do I feel inadequate?

- Feelings of inadequacy come from buying into a false system of evaluating personal worth.
- The false system says self worth = Performance (what we do) + Others' opinions (what others think or say about us).

6. Do I have a hard time admitting I am wrong? Do I make excuses?

7. Are there people that I hate?

8. Have I done something wrong?