



Lesson #15

Compassionate Recovery

## HOW SECRET KEEPING HARMS US & CONFESSION HELPS US

### THE PLACE OF LIGHT & DARKNESS

<sup>24</sup> Can a man hide himself in secret places so that I cannot see him? declares the Lord. Do I not fill heaven and earth? declares the Lord. Jeremiah 23:24

<sup>11</sup> If I say, "Surely the darkness shall cover me, and the light about me be night,"

<sup>12</sup> even the darkness is not dark to you; the night is bright as the day,

for darkness is as light with you. Psalm 139:11-12

<sup>12</sup> For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. <sup>13</sup> And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account. Hebrews 4:12-13

<sup>12</sup> Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life." John 8:12

### THE NEGATIVE IMPACT OF HIDING OUR BRUISES, BROKENNESS & BONDAGES

1. \_\_\_\_\_ effectively dealing with our issues.
2. Leads to \_\_\_\_\_ stress, anxiety and the weight of guilt feelings.
3. Often makes us \_\_\_\_\_ more about the things that trouble us and dwell more on our feelings than people who talk more openly about their concerns.
4. Can make us feel alone and isolated, thinking no one could understand or has gone through what we have.
5. Makes it easier to remain in \_\_\_\_\_ to our bruises, brokenness, and bondages.
6. In time these will likely become more infected - often made even worse by our unhealthy "solutions".

### HOW BEING OPEN ABOUT OUR BRUISES, BROKENNESS & BONDAGES CAN BE A PATHWAY TO FREEDOM

"Revealing secrets is very helpful when it is done \_\_\_\_\_; that is, in a safe, non-judgmental environment. Revealing secrets can reduce stress, it helps people let go of an issue and think about it more clearly.

...It really does help to get it out. In fact, research shows that the simple task of writing down a secret, even if no one ever reads it, makes people feel better. Writing a secret down is cathartic - it reduces stress and anxiety."

(excerpted from <http://www.truthaboutdeception.com>)

**JOHN BAKER, FOUNDER OF CELEBRATE RECOVERY, SAID:**

"Many of us have been keeping secrets almost all of our lives. Every day those secrets have a toll on us. The toll we pay is \_\_\_\_\_ of self-respect and energy and bondage to old codependent habits.

Admitting - out loud - those secrets strips them of their \_\_\_\_\_. They lose much of their hold on us when they are spoken."

### WHAT DOES CONFESSING INVOLVE

- \_\_\_\_\_ having done something wrong.
- \_\_\_\_\_ something to be true.

**1. It involves coming \_\_\_\_\_ about our bruises, brokenness and bondages, including our own shortcomings in dealing with them.**

<sup>7</sup> Therefore do not become partners with them; <sup>8</sup> for at one time you were darkness, but now you are light in the Lord. Walk as children of light <sup>9</sup> (for the fruit of light is found in all that is good and right and true), <sup>10</sup> and try to discern what is pleasing to the Lord. <sup>11</sup> Take no part in the unfruitful works of darkness, but instead expose them. <sup>12</sup> For it is shameful even to speak of the things that they do in secret. <sup>13</sup> But when anything is exposed by the light, it becomes visible, <sup>14</sup> for anything that becomes visible is light...  
Ephesians 5:7-14a

**2. It involves \_\_\_\_\_ God's directive.**

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. Proverbs 28:13

**CONFESSING + FORSAKING = \_\_\_\_\_ WHICH LEADS TO MERCY**

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person has great power as it is working.

James 5:16

NASB: "can accomplish much"

NKJV: "avails much"

NIV: "is powerful and effective"

**3. It involves \_\_\_\_\_ the truth about myself, God, and others.**

Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.

Psalm 25:5

<sup>19</sup> And this is the judgment: the light has come into the world, and people loved the darkness rather than the

light because their works were evil. <sup>20</sup> For everyone who does wicked things hates the light and does not come to the light, lest his works should be exposed. <sup>21</sup> But whoever does what is true comes to the light, so that it may be clearly seen that his works have been carried out in God.” **John 3:20-21**

<sup>31</sup> So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, <sup>32</sup> and you will know the truth, and the truth will set you free.  
**John 8:31-32**

**4. It involves easing the \_\_\_\_\_ of unconfessed and hidden sins.**

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the LORD"—and you forgave the guilt of my sin. **Psalm 32:3-5**

**5. It involves identifying and accepting \_\_\_\_\_ responsibility in whatever way we are at fault.**

And he [God] said [to Adam], "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?" The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it." Then the LORD God said to the woman, "What is this you have done?" The woman said, "The serpent deceived me, and I ate."  
**Genesis 3:11-13**

<sup>3</sup> For I know my transgressions, and my sin is always before me. <sup>4</sup> Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. **Psalm 51:3-4 (NIV)**

<sup>16</sup> For you will not delight in sacrifice, or I would give it; you will not be pleased with a burnt offering.

<sup>17</sup> **The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.** **Psalm 51:16-17**

**6. It involves being able to experience the \_\_\_\_\_ of God’s forgiveness that in turn overflows in blessing to others.**

<sup>8</sup> If we say we have no sin, we deceive ourselves, and the truth is not in us. <sup>9</sup> If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. **1 John 1:8-9**

<sup>7</sup> Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow <sup>8</sup> Let me hear joy and gladness; let the bones that you have broken rejoice.

<sup>9</sup> Hide your face from my sins, and blot out all my

iniquities. <sup>10</sup> Create in me a clean heart, O God, and renew a right[a] spirit within me. <sup>11</sup> Cast me not away from your presence, and take not your Holy Spirit from me. <sup>12</sup> Restore to me the joy of your salvation, and uphold me with a willing spirit. **Psalm 51:7-12**

<sup>13</sup> \_\_\_\_\_ I will teach transgressors your ways, and sinners will return to you.

<sup>15</sup> O Lord, open my lips, and my mouth will declare your praise. **Psalm 51:13, 15**

**CONFESSION WITH "NO CHANGE" OR CONFESSION THAT LEADS TO "GODLY CHANGE"**

**CONFESSION**

+ “0” Necessary Endings & “0” New Beginnings

= Confession with No \_\_\_\_\_

**CONFESSION**

+ Necessary Endings & New Beginnings

= \_\_\_\_\_ Change + Greater Spiritual Well-being

**5 KEYS TO SPIRITUAL RECOVERY**

1. **Admit you have bruises, brokenness and bondages.**
2. \_\_\_\_\_ the fact that if what you are doing with them isn’t working nor has it worked in the past, then it’s time to try some new things.
3. **Have a \_\_\_\_\_ to change.**
4. **Accept that \_\_\_\_\_ must be built upon “necessary endings” and “new beginnings”.**
5. **Learn and put into \_\_\_\_\_ the Compassionate Recovery tools.**

<sup>10</sup> Who among you fears the Lord and obeys the voice of his servant? Let him who walks in darkness and has no light trust in the name of the Lord and rely on his God.

<sup>11</sup> Behold, all you who kindle a fire, who equip yourselves with burning torches! Walk by the light of your fire, and by the torches that you have kindled! This you have from my hand: you shall lie down in torment. **Isaiah 50**

**Principle #4 PURSUE truth about our relationships with God, self, and others by taking honest, comprehensive assessments of our lives for the purpose of identifying steps that move us from where we are closer to what God designed us to be.**

**AT LEAST ONE WAY THIS WEEK I WILL TRY TO PUT THIS LESSON INTO PRACTICE IS:**

# Weekly Going Deeper Study Guide

## How Secret Keeping Harms Us and Confession Helps Us

- Before beginning each day simply ask God to help you see things that He would have you to see.
- When finished, pray again asking for the faith and the courage to follow His lead in areas He speaks to you about.

### DAY 1

1. Without rushing, read through this week's lesson.
2. Paraphrase in 2 or 3 sentences what in your mind is the main message you get out of this lesson.

### DAY 2

1. Carefully read and meditate on each of the scriptures in this week's lesson.
2. Identify the one that stands out the most to you and rewrite it in your own words.

### DAY 3

1. Reread the lesson.
2. Write down any things you see that God would want you to avoid, change, or give up.

### DAY 4

1. Reread the lesson.
2. Write down the most positive thing you see that you would really like to see become part of your life.

### DAY 5

***Pick out one verse from this week's lesson (does not need to be the whole passage) that means the most to you or some other verse that comes to mind related to this week's lesson, write it on a small card, and try to memorize it or at least read and meditate on it several times through the next days.***

The verse(s) I chose: \_\_\_\_\_

**During the Week** ***JOT DOWN KEY INSIGHTS AND OR EXPERIENCES (POSITIVE OR NEGATIVE) FROM THIS WEEK AS YOU HAVE TRIED TO GO DEEPER WITH THIS LESSON, INCLUDING WITH YOUR IDENTIFIED OBJECTIVES, AND CONSIDER WHAT YOU MIGHT SHARE WITH YOUR GROUP.***