

To review the first 3 choices go to our website
staalliance.org/resources/teaching/series/resolutions-that-last/

Choice 1: The Reality Choice

Realize I'm not God, admit I'm powerless to control my tendency to do the wrong thing, and my life is unmanageable.

Choice 2: The Hope Choice

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me change.

Choice 3: The Commitment Choice:

Consciously choose to commit all my life and will to Christ's care and control.



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The Housecleaning Choice

Bob Cowie ~ January 26, 2020

Choice 4: The Housecleaning Choice

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

"I have come in order that you might have life—life in all its fullness."
John 10:10b GNT

"When he had said this, Jesus called in a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet wrapped with strips of linen, and a cloth around his face. Jesus said to them, "Take off the grave clothes and let him go."

John 11:43-44 NIV

And Example...

- | | |
|---------------|---|
| 1. The Person | Who is the object of my resentment or fear? |
| 2. The Cause | What specific action did that person take that hurt me? |
| 3. The Effect | What effect did that action have on my life? |
| 4. The Damage | What damage did that action do to my basic social, security, and/or sexual instincts? |
| 5. My Part | What part of the resentment am I responsible for?
Who are the people I have hurt?
How have I hurt them? |

RESOURCES TO HELP YOU WITH THIS STEP

Soul Care by Rob Reimer (book and or conference)

12 Steps A Spiritual Journey (Available on Amazon or at the HUB)

Life's Healing Choices by John Baker

Remember God's KINDNESS

"God's kindness leads you toward repentance."

Romans 2:4b NIV

"Therefore, there is now no condemnation for those who are in Christ Jesus."

Romans 8:1 NIV

"God has shown us how much he loves us—it was while we were still sinners that Christ died for us!"

Romans 5:8 GNT

Remember God's FAITHFULNESS

"I'm convinced that God, who began this good work in you, will carry it through to completion on the day of Christ Jesus."

Philippians 1:6 GWT

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Romans 8:38-39 NIV

"I will never leave you; I will never abandon you."

Hebrews 13:5b GNT

Remember God's PROMISES

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

1 John 1:9 NIV

"I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh."

Ezekiel 36:26 NIV

"For it is Christ who is the "Yes" to all of God's promises."

2 Corinthians 1:20a GNT

APPRENTICESHIP PRAYER PARTNER QUESTIONS:

- What is the most difficult aspect of examining what others have done to you or what you have done to others?
- According to James 5:16, what two things does Paul tell us we must do to be healed?
- Is it ever too late to ask God for forgiveness and healing? Why or why not?
- What are the ways you benefit when you examine and confess?
- As you have listened to the before and after stories of others, would any of them want to go back to their "before"? Why or why not?