

## Lesson 12: Confess

One of the scariest steps in recovery happens in Celebrate Recovery lesson 12 as you begin the process of confession in your life. Without confession, you might end up repeating your mistakes (the ones you thought you were past) over and over again.

Don't allow yourself to get stuck in a rut!

Embrace the positive changes that need to happen through the help of this step!

Celebrate Recovery lesson 12 is very important because it helps you admit where you have gone wrong and find out how to move forward positively!

This lesson goes with Step 5 in Alcoholics Anonymous and Celebrate Recovery. Also, it goes with Celebrate Recovery's principle 4 of the Celebrate Recovery 8 Principles.

**You have to list them, admit them, and own them. You need to take responsibility for your pride, anger, envy, lust, greed, gluttony, and laziness.  
“The Big Seven.”**

*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*

**What is Celebrate Recovery Lesson 12: Confess?**

**Celebrate Recovery principle 4 is: to Openly examine and confess my faults to myself, to God, and to someone I trust.**

### **Biblical Comparison:**

**Blessed are the pure in heart, for they will see God.  
Matthew 5:8 (NIV)**

**Step 5 says: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

**Biblical Comparison:**  
***Confess your sins to each other and pray  
for each other so that you may be healed.  
The earnest prayer of a righteous person  
has great power and produces wonderful results.  
James 5:16 (NLT)***  
***“You were created to be victorious.”  
Joel Osteen***

### **What Does “Celebrate Recovery Lesson 12” Mean?**

There are step studies in the 12-step recovery program, Celebrate Recovery, where you work through the lessons found in the Celebrate Recovery curriculum created by Rick Warren and John Baker.

We have a men’s and a woman’s step study going on Sunday afternoons here at the church at 1:30.

The lesson reviewed today is from John Baker’s Celebrate Recovery Participant’s Guide. This is the first lesson from Getting Right with God, Yourself, and Others: Participant Guide 3.

The Celebrate Recovery leader guide may vary slightly from the participant’s guide, but all teachings are based on the Beatitudes from the New Testament, so when you hear of the Celebrate Recovery 8 principles, it will be in reference to those verses of the Bible.

***Teach me to do your will, for you are my God. May your gracious Spirit lead me  
forward on a firm footing.  
Psalms 143:10 NLT***

### **What Does It Mean to Confess?**

According to the Webster Dictionary, confess means that you are disclosing or revealing your sins to another.

As you probably know by now, you have been working hard on your moral inventory in order to confess it to another, and if you haven’t yet you CAN do this!

Have faith in God and in yourself! Know that you can reveal the deepest darkest secrets of your soul to God, and He loves you in spite of those things!!

When you decide to **“come clean,”** just know you will feel better about everything after you’ve finished!

*He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”*

*Matthew 17:20 NIV*

*“It takes a lot of strength to ride a storm of addiction,  
But it’s worth it.”*

*Maggie Swann*

### **Why Confess?**

*There are many reasons to confess your sins to God. Of course, the best reason is to “square” yourself with God by being honest and admitting your sin. God already knows this and has forgiven you, but we are still advised to confess our wrong; it helps us grow as people, too!*

Celebrate Recovery loves acrostics, so in lesson 12, we see the acrostic for **CONFESS**, and it tells us what to do with the inventory we wrote in the previous lessons.

We must confess our sins to God, and this is how we are able to do that successfully.

This acrostic comes straight from Celebrate Recovery lesson 12.

- **C**onfess any of your shortcomings, resentments, and sins!
- **O**bey God’s directions.
- **T**here will be No more guilt to face.
- **F**ace the truth.
- **E**ase the pain.
- **S**top the blame.
- **S**tart accepting God’s forgiveness.

## **Celebrate Recovery Lesson 12 acrostics explanation.**

According to the Celebrate Recovery study guide, it's time for you to get right with God and be real with your Celebrate Recovery family. You might think you are the only one to ever commit a sin, but everyone has their own set of baggage!

### **#1. Confess any shortcomings, resentments, and sins you have.**

The Lord actually wants you to come clean; you need to admit when you have done wrong things in your life. After all, you are guilty. Just own up to your sins, and you'll feel at least 90% better!

*Whoever conceals their sins does not prosper,  
but the one who confesses and renounces them finds mercy.  
Proverbs 28:13 NIV*

### **#2. Obey the directions of God.**

When you think about the direction God has for the confession of sin, you must understand the 8 principles of Celebrate Recovery, specifically Principle 4. The Principle states that it is time for us to confess to someone we trust and to God.

Of course, this will mean that you will need to step outside of your comfort zone during those Celebrate Recovery meetings and make friends! This isn't easy, but how else will you trust another person enough to share your sins with them?

*"It is written: "'As surely as I live,' says the Lord,  
'every knee will bow before me; every tongue will acknowledge God.'  
" So then, each of us will give an account of ourselves to God.  
Romans 14:11-12 NLT*

*Confess your sins to each other and pray for each other so that you may be  
healed. The earnest prayer of a righteous person has great power and produces  
wonderful results.  
James 5:16 NLT*

### **#3. Have no more guilt.**

Do you ever wonder what it means to feel no more guilt?

Don't you think it would be easier to have confidence in our relationships than it would be to continue looking behind us at our old relationships?

Celebrate Recovery calls this **“review mirror”** living.

After you have confessed the things that were making you feel guilt, you will feel a load being hauled off your shoulders. You'll begin to have a new kind of confidence in your relationships. Positive things will begin to happen in your life.

*For everyone has sinned; we all fall short of God's glorious standard.  
Yet God, in his grace, freely makes us right in his sight.  
He did this through Christ Jesus  
when he freed us from the penalty  
for our sins.  
Romans 3:23-24 (NLT)*

#### **#4. Begin to **face** the truth.**

Since recovery (REAL recovery) requires honesty to work right, you must learn to carry on a normal conversation with God. Listen to the things He says to you through His Word (the Bible). You can do this in Bible study, by memorizing scriptures, and by simply reading the Bible.

Consider purchasing the Celebrate Recovery Study Bible or Devotional Book (365 Days) for even more recovery insight during your time with God!

You can also learn how to listen to God through a variety of creative methods. Consider looking at your dreams, visions, prayers, writings, drawings, other artwork, and the sounds of nature. All of these things can be a means for you to hear God's voice.

The next part of the equation can be a bit easier if you have a grasp on how to pray. Just talk to God and let him know your hurts, habits, hang-ups, and anything else that is bothering you. You are His child, and He wants to hear your voice! You might also try a prayer journal!

*I am the light of the world.  
Whoever follows me will never walk in darkness,  
But will have the light of life.  
John 8:12 (NIV)*

**#5. Ease the pain that you are feeling.**

According to recovery literature, we are only as sick as the secrets we choose to keep. Once you have shared this with someone else, you will begin to feel less pain, less shame, a healthier self-worth, and a more well-balanced demeanor.

While it can be scary to bare your soul to another, it can also be liberating. Often, we do not experience the rewards in life because we are too afraid of the risks that it takes to get there.

Take the risks! Be bold! You will be glad you did these things in the long run!

*When I refused to confess my sin, my body wasted away, and I groaned all day long. Day and night your hand of discipline was heavy on me. My strength evaporated like water in the summer heat.  
Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, "I will confess my rebellion to the LORD." And you forgave me!  
All my guilt is gone.  
Psalm 32:3-5 NLT*

**#6. Stop all of the blame.**

According to the Celebrate Recovery study guide, we can't expect to find serenity and peace if we keep blaming ourselves and others. Secrets just isolate us from one another! They keep us from being intimate with one another. We, instead, become bashful, scared, and lonely!

*"And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye?  
Hypocrite! First get rid of the log in your own eye; then you will see well enough to deal with the speck in your friend's eye.  
Matthew 7:3-5 NLT*

**“My favorite six words in recovery are: Trust God, Clean house  
and help others.”  
Matthew Perry**

### **#7. Start accepting the forgiveness of God.**

If you completed the last action step, you are ready to finish this one! You are ready to look your Celebrate Recovery family in the eye! You have a better understanding of your “makeup” and now see yourself in a “new light!” Just be humble when you go about this!

*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)*

## **Lesson 12 Questions**

- What resentments, wrongs, or secret sins are keeping you up at night? Would you like to get rid of them?
- What is the value of coming clean of the sins from the past of your life?
- What results do you expect God to produce in your life now that you have obeyed God’s directions for confession?
- What freedoms do you now feel? With the words **“no condemnation”** and **“not guilty”** in mind, what are you thinking?
- In the last 4 points (facing the truth, easing the pain, stopping the blame, and starting the acceptance of God’s forgiveness), your life will begin to improve.
  - In what ways can you be more honest?
  - How is your pain eased?
  - How have you stopped blaming?
  - Have you started to see the acceptance of God’s forgiveness?

**Dear God,  
Thank You for your promise that if we confess,  
You will hear us and cleanse us, easing our pain and guilt.  
Thank You for always doing what is right. In Jesus’ name, AMEN.**

## Personal Story – Celebrate Recovery Lesson 12

As a graduate of the 12-step program myself, I know the importance of sharing a personal testimony! If you haven't met me by now, I am Dennis, a grateful believer in Jesus Christ.

I celebrate recovery from many addictions and still struggle with anxiety, perfectionism, and other life issues!

### Confessing My Sin

While I won't go into detail about every sin I've ever committed, I would like to say that I am not perfect. I've committed a slew of sins and plenty of wrongdoings that I do not believe were part of God's plan and I see them now as things I need to confess.

I thought I knew better, so I went with what I wanted to do instead of what I should have done.


Don't we all do that?

I mean, we want to tell the truth and say that we have followed God's will for our lives, but if we don't follow His lead, how will we know what that is?

It's just too easy to follow OUR way over the Lord's. However, when you listen to God and follow the path that He has laid out for you, you will receive blessings in the long run that you could not even imagine! It's worth it to take the risk and trust Him!

***We can make our plans,  
But the Lord determines our steps.  
Proverbs 16:9 (NLT)***





It takes a lot of  
strength to ride  
the storm of  
addiction, but it's  
worth it.

— Maggie Swann



**“It takes a lot of strength to ride a storm of addiction,  
But it’s worth it.”  
Maggie Swann**

### Letting Go of the Past

Resentment and hard feelings are hard things to let go of. However, we do want to have things turn out for the better, right? The only way we can move forward positively is with God and a better outlook. These two things go hand in hand when it comes to making choices.

I remember as a little boy, I was once punished unfairly (in my opinion) for microwaving silverware utensils that were made of metal.

Often, when I was spanked or grounded in any way, it was because of things that I never knew were wrong. Is that fair?

Clearly, I still have a bit of resentment in the oven about the silverware mishap, but I “get” why it still bothers me; I did not know better.

As adults, we have a conscience that tells us **“right” from “wrong,”** so we can make our own decisions and live with the consequences.

That’s where our relationship with God comes into play. If we trust Him to lead our lives, He will give us our freewill to make our own mistakes. However, He also gives us the wisdom that we pray for to make the right decisions when we are stuck because of a fork in the road.

***Seek his will in all you do, and he will show you which path to take.  
Proverbs 3:6 NLT***

A Journey to Look Out For

What does your life look like? Is God the driver of the journey and destination that you think about on a daily basis? Do you feel like you are following His plan for your life? It can be tricky, right?

Continue to build your relationship with God, and He will show you which path to take.

He’ll lead you on the path that goes toward a destiny you can’t even picture in your head. It’s beyond your wildest imaginative thoughts!

***Commit your actions to the LORD, and your plans will succeed.  
Proverbs 16:3 NLT***

A Life Driven by Purpose

## My Purpose

I often think, “Lord, You have surpassed my expectations. What else could You possibly bless me with?” I guess I ask that question more than I think about it. He is THE awesome God!

What’s Next?

Life ain’t all tulips and roses.

Do you ever wonder what the next corner has in store for you?

God will bless you beyond your imagination, but ONLY if you allow Him to! While I am blessed to be doing what I am doing. I never dreamed how many people would be part of this plan.

God will surprise you if you allow Him to, and if you don’t feel brave, He’ll provide the courage you need at the time when you need it the most. Just trust Him and His specific plan for your individual life! Believe me; He does have a plan made just for YOU!

***Commit everything you do to the LORD.  
Trust him, and he will help you.  
Psalm 37:5 NLT***



**“Me recovery must come first so that everything I love in life does not have to come last.”**

### Why Confess?

There are many reasons to confess your sins to God. Of course, the best reason is to “square” yourself with God by being honest and admitting your sin. God already knows this and has forgiven you, but we are still advised to confess our wrong; it helps us grow as people, too!



**“Recovery is something that you have to work on every single day,  
And it’s something that it doesn’t get a day off.”  
Demi Lovato**