

Lesson 13: Admit

**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.”**

Admit and confess superficially means the same thing but when one really has to mean what they say, they should use the right one.

The mental acceptance of a crime is admission, whereas the verbal or written admission in front of another person or body is confession.

SONG Matthew West Truth Be Told

One of the bravest steps that we can take in recovery is Celebrate Recovery lesson 13 because we continue the process of admitting wrong in our lives. Without this step, we might slide back into mistakes that we thought we had conquered.

As we move forward in recovery, embrace all the positive changes that will occur through this step!

Celebrate Recovery lesson 13 is very critical because it helps us admit where we went wrong and determine how to head in a positive way toward the future!

What is Celebrate Recovery Lesson 13: Admit?

In Celebrate Recovery **Principle 4** we need to,

Openly examine and confess faults to yourself, to God, and to someone you trust.

*Blessed are the pure in heart.
Matthew 5:8a (NIV)
God blesses those whose hearts are pure.
Matthew 5:8a (NLT)*

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

*Confess your sins to each other and pray for each other so that you may be healed.
James 5:16a (NLT)*

Celebrate Recovery tells us in lesson 13 the reasons that we need to admit our wrongs to one another. It can be hard to be vulnerable, but we will be able to do it after this lesson!

**“Every tear is washing away an old memory that hurts.
It’s okay because this is how we let it go.”**

Tracy Malone

***People who conceal their sins will not prosper,
but if they confess and turn from them, they will receive mercy.
Proverbs 28:13 (NLT)***

What Does It Mean to Admit?

According to the Merriam-Webster Dictionary, confessing means to **reveal your sins to another**. When I looked up the word “admit,” it was actually a synonym of confessing. Last time, we talked about confession to God; now, we will confess or admit our sins to one another.

Have faith in your fellow believers! No one is eager to hear the sins of another or confess their own because this means you must be vulnerable and open to another. Only true friends have this kind of relationship with one another. Having a best friend like this is rewarding!

As you have now made Celebrate Recovery friends in your step study groups and meetings, you now have people who you can turn to in times of trouble. Trust these people with your secrets. Turn to your sponsor when you feel any temptation is too much to bear alone!

These people have been where you are now and can help you along your journey!

Believe that the Lord put the people you have in your life there for a reason.

This means that you trust them as you trust Him! He has placed these people in your life for a specific purpose. Get excited!

***Greater love has no one than this:
To lay down one’s life for one’s friends.
John 15:13 (NIV)***

**“The road to recovery will not always be easy,
But I will take it one day at a time,
Focusing on the moments I’ve dreamed about for so long.”
Amanda Lindhout**

Celebrate Recovery Lesson 13 Highlights

According to the Celebrate Recovery study guide, it's time for you to admit your wrongs to your Celebrate Recovery family. Remember that everyone carries baggage in this life, and these people will be there to support you along this journey!

#1. Why should I admit my wrongs?

You're given three reasons for admitting your wrongs to your Celebrate Recovery family. First, admitting your wrongs will heal you. The Bible says if we confess our sins to one another (admit the wrongs of your life), you'll receive forgiveness AND healing!

While it's often easier to walk the road to recovery on your own, it does not work that way in recovery. You need to share your struggles, failures, and secrets with another person – someone in your recovery group. The literature even says we are not to walk alone!

Secondly, admit your wrongs to gain freedom. Secrets and failures (the ugliness in life) keeps us in chains. We stay frozen in time when we don't admit our wrongs. We can no longer move forward in relationships the way we hoped to!

Admitting our wrongs will snap those chains right off!

That means you'll no longer be bound by what you believe you've done wrong in the past – those unspeakable sins that you believe no one can relate to.

Everyone has some kind of baggage, so reach out and share!

Finally, **By admitting your wrongs, you will gain support.**

When you decide to share your moral inventory with another individual, you will receive comfort. They can provide you with needed feedback and keep you focused on your recovery!

This individual will listen closely to what you have to say as you share your life's inventory and you can count on them to help you get back on track when you face denial or temptation at any time along the way.

***“LORD, help!” they cried in their trouble, and he saved them from their distress.
He led them from the darkness and deepest gloom; he snapped their chains.
Psalm 107:13-14 (NLT)***

#2. Who do I admit my wrongs to?

At your Celebrate Recovery meetings, you are hopefully starting to make friends!

Of course, this isn't the easiest thing to do, but you need to find people you can trust and rely on to share your inventory with. Pray about different individuals you meet to see if they are right for you.

There are a few guidelines for picking the right person to share your inventory with.

Keep in mind that an inventory or testimony are very personal things that shouldn't be shared with those who have led you down the wrong pathways in life.

Rather, they are meant for those who are trustworthy!

For Celebrate Recovery, you'll want to share your inventory with someone who is of the same sex as you. Also, you should respect and know this person; you will be trusting them with your confidence!

Depend on your sponsor or accountability team to help you find the right person or share it with someone that is in that group of people. The main thing you will want to do is to ensure they have completed Principle 4 (or Steps 4 and 5) of the Celebrate Recovery 8 Principles.

Finally, make an appointment or special date with this person – a time when the two of you will not be disturbed. It could take about two or three hours to share your inventory, so ensure the two of you have that kind of time available. This is meaningful and time well spent!

***Confess your sins to each other and pray for each other so that you may be healed.
James 5:16a (NLT)***

#3. Here are some guidelines for your meeting.

As you set a meeting time with your accountability partner or sponsor, decide to begin your meeting with prayer. Here are a few things you could say in a prayer to God:

- Please fill me with peace and courage. Give me humility, honesty, and strength.
- As I share my inventory, help me to remember that You have already forgiven me.
- Thank You for sending Jesus to pay the price so that my sins can be forgiven.
- Thank You also for giving me this program and individual to speak with.
- Please continue to strengthen me throughout this process.

***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)***

Some other suggestions include reading the Principle 4 verses during this time, ending the meeting in another prayer, and thanking the person who listened to your inventory.

Also, keep your moral inventory balanced – report the good with the bad!
You will be stronger once this is over!

*But if we confess our sins to him,
he is faithful and just to forgive us our sins
and to cleanse us from all wickedness.
1 John 1:9 (NLT)*

**“The fact that you woke up this morning is proof that this day has already been
predetermined in your favor.”
Russ Kyle**

For many people, blame is a favorite game when some things go wrong.

Living as broken people in a broken world, we can easily find someone or something to blame when we are hurt. Sometimes it is true that someone else did us wrong. When that happens how we handle it has a lot to do with how mature and Christ like we become.

But if we habitually blame others for our problems instead of taking responsibility for the part we may have played, blame can become a way of life.

The following are some steps we can take to stop blaming others for everything that goes wrong:

- 1. Fully acknowledge the damage that was done.**
- 2. Recognize the pride that lurks behind the blame game.**
Prideful hearts don't want to admit wrong.
- 3. Lower lofty expectations. We cause ourselves much grief when we**
carry too high expectations for ourselves and others.
- 4. Surrender rights to God. Human beings are rights-fighters.**
- 5. Turn blame into prayer.**
- 6. Repent of the entitlement attitude. Blamers typically have an**
attitude of entitlement that they are unaware of.
- 7. Find the good in the situation.**

(there are 3 more slides)

My Personal Story – Celebrate Recovery Lesson 13

As a person who has given her testimony and shared her inventory with another person, I remember how hard it is! By the way, I am Michele – a grateful believer in our Lord Jesus Christ.


I celebrate recovery from addictions and continue to struggle with anxiety, perfectionism, and various life issues!

The lesson was pretty short to talk through, but probably the hardest one to accomplish. You CAN do this, though. Just believe in yourself, and know that the individual you are sharing this with is there to support and love you, not judge!

I remember being nervous, as I did not know what to expect with the person I shared with. Luckily, I was able to share with my supportive sponsor, Angi. If you haven't found someone to be your sponsor yet, ask around! Talk to the leadership at Celebrate Recovery meetings!

Remember, you will be sharing your inventory with yourself, God, and with someone you trust. If you haven't written yours yet, be sure to get to work on that! You'll want it written out so you'll be able to speak about what you need to. Having it written down will greatly help you!!

Also, keep in mind that no matter who hears your inventory, you need to keep it balanced. If you are just beginning your relationship with God, you'll want to talk about the good as well as the bad! Keep it all in perspective when you write it out! You've got this in the bag!



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



Sharing
Life & Love

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

What happens at a Celebrate Recovery meeting?

At a Celebrate Recovery meeting, you can expect some great fellowship. People are real; they want to build friendships that will last a lifetime! They are also there to gain knowledge and understanding when it comes to their struggles, problems, hang-ups, and other life issues. The hope is that we grow from each other and get better!

Is Celebrate Recovery a Biblically-sound program?

Celebrate Recovery is a 12-step recovery program like Alcoholics Anonymous, but it is Biblically-sound. The principles are based on the Beatitudes found in Matthew in the New Testament of the Bible. Also, the lessons and other teachings are based on the Bible and the hope is that your faith grows as you recover.



Change your
mind and your
life will follow.

- Karen Casey



Sharing
Life & Love

“Change your mind and life will follow.”

Karen Casey

Conclusion

As you have been on your road to recovery, with the help of this stepping stone, you have now conquered something amazing – you’ve given your inventory!!

In this article on Celebrate Recovery Lesson 13: Admit, we’ve covered:

- What is Celebrate Recovery Lesson 13: Admit?
- An Overview of Celebrate Recovery
- The Basics of the Celebrate Recovery Lesson 13 Study Guide
- The Questions from the Study Guide
- Additional Resources – a FREE Study Guide and a Video
- My Story in Relation to Celebrate Recovery Lesson 13
- And More!