

I AM THE WAY, THE TRUTH, AND THE LIFE

I AM: PART SIX

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“Jesus told him, “I am the way, the truth, and the life. No one can come to the Father except through me.” (John 14:6, NLT)

WHAT HINDERS MY ABILITY TO LIVE THE LIFE JESUS OFFERS?

- **HURTS**
- **HABITS**
- **HANG-UPS**

HOW TO LIVE THE L.I.F.E. JESUS OFFERS

L **ET** GOD CLEAN MY HEART

“I am ashamed, my God. I am embarrassed to look at you. Our sins have piled up over our heads, and our guilt is so overwhelming that it reaches heaven.” (Ezra 9:6, GW)

“So I confessed my sins and told them all to you. I said, “I’ll tell the LORD each one of my sins.” Then you forgave me and took away my guilt.” (Psalm 32:5, CEV)

“Don’t keep looking at my sins. Remove the stain of my guilt. Create in me a clean heart, O God. Renew a loyal spirit within me.” (Psalm 51:9–10, NLT)

“Yes, what joy for those whose record the LORD has cleared of guilt, whose lives are lived in complete honesty!” (Psalm 32:2, NLT)

ACTION STEP: SOLUTIONS COUNSELING

I **MMOBILIZE** CYCLICAL SIN

“Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord. So you see how it is: In my mind I really want to obey God’s law, but because of my sinful nature I am a slave to sin.” (Romans 7:24–25, NLT)

“Keep your servant from deliberate sins! Don’t let them control me. Then I will be free of guilt and innocent of great sin.” (Psalm 19:13, NLT)

“We know that the persons we used to be were nailed to the cross with Jesus. This was done, so that our sinful bodies would no longer be the slaves of sin. We know that sin doesn’t have power over dead people. As surely as we died with Christ, we believe we will also live with him.” (Romans 6:6–8, CEV)

ACTION STEP: CELEBRATE RECOVERY

F ORGIVE OTHERS WHO HAVE HURT ME

“I am disgusted with my life. Let me complain freely. My bitter soul must complain.” (Job 10:1, NLT)

“Let no one become like a bitter plant that grows up and causes many troubles with its poison.” (Hebrews 12:15, TEV)

“Get rid of your bitterness, forgiving each other as God has forgiven you through Christ.” (Ephesians 4:31–32, GW)

ACTION STEP: WORKSHOP -REACHING FOR FORGIVENESS

E MBRACE HEALTHY BOUNDARIES

“Simply say yes or no. Anything more than that comes from the evil one.” (Matthew 5:37, GW)

“If you have died with Christ to the world’s way of doing things, why do you let others tell you how to live? It’s as though you were still under the world’s influence.” (Colossians 2:20, GW)

“You are the one who put me together inside my mother’s body, and I praise you because of the wonderful way you created me. Everything you do is marvelous! Of this I have no doubt.” (Psalm 139:13–14, CEV)

“We are God’s work of art, created in Christ Jesus for the good works which God has already designated to make up our way of life.” (Ephesians 2:10, NJB)

ACTION STEP: WORKSHOP-HABIT OF HAPPINESS/BOUNDARIES