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Choose to be Unstuck

Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

Hebrews 12:1

Our life of faith is like a running race! Guilt is a weight and sin trips us up.

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Oh, what joy for those
whose disobedience is forgiven,
whose sin is put out of sight!

Yes, what joy for those
whose record **the Lord has cleared of guilt,**
whose lives are lived in complete honesty!

Psalm 32:1-2



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We must learn God's way to get rid of our guilt:

- 1. Write out a personal moral inventory*
- 2. Take Responsibility for our faults and failures*
- 3. Ask God for forgiveness*
- 4. Admit our faults to another person*



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Write Out My Personal Moral Backstory

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you... Ps. 139:23-24

Write it down- “Thoughts disentangle when they pass through the lips of fingertips”

Be specific and honest- recall the people, the effect, and the damage done

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Take RESPONSIBILITY for my faults and failures

If we claim we have no sin, we are only fooling ourselves and not living in the truth. 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 1:8-9

It is not a change in relationships, jobs or locations that I need, but a change in me!

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Ask God for FORGIVENESS!

Isaiah 1:18 says, “Come now, let’s settle this,” says the Lord.

“Though your sins are like scarlet,
I will make them as white as snow.

Though they are red like crimson,
I will make them as white as wool.”

The enemy wants you stuck in sin’s weight,
but God wants you forgiven and free.



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Admit my faults to another person

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

Find someone who: you trust, you value, is mature, and knows the Lord's forgiveness



Choose to Respond Today

By faith in Jesus, Choose to MOVE today!

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