

SOUL REVOLUTION  
How People Really Change  
Week 5 November 6, 2022  
Pastor Mike Popovich

All of us want to be known and to be loved.

We all have things in our past we want to keep buried

### **GOD CLEANS US UP**

*This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. 6 If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. 7 But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. 8 If we claim to be without sin, we deceive ourselves and the truth is not in us. 9 If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:5-9 NIV*

### **Two of the 12 Steps**

**Step 4** says to “make a searching and fearless moral inventory of ourselves.”

**Step 5** says to “admit to God, to ourselves, and to another human being the exact nature of our wrongs.”

Why is this so important? Because anything that remains hidden and buried has power over us.

### **TAKE A SPIRITUAL INVENTORY**

#### **Pride and Selfishness**

Ask God to reveal any pride and selfishness controlling your life.

*Search me, God, and know my heart; put me to the test and know my anxious thoughts; 24 and see if there is any hurtful way in me, and lead me in the everlasting way. Psalm 139:23-24 NAS*

Pride will keep you from doing this spiritual inventory.

*All of you, clothe yourselves with humility toward one another, because,*

*“God opposes the proud  
but shows favor to the humble.”*

*6 Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you. 1 Peter 5:5b-7 NIV*

Pride says I do not need God; I’m doing fine on my own.

#### **Resentments**

Resentments create hidden pain.

List the people that hurt you.

Forgive them and ask God to help the wound heal.

#### **Fears and Insecurities**

God is always with us, even in our fears.

*Just as the Father has loved Me, I also have loved you; remain in My love. John 15:9 NAS*

#### **Moral Mistakes**

Moral mistakes are the most difficult to write down and confess.

Confession brings us freedom.

Let God show you His grace.

### **Tell a Trustworthy Person**

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16 NAS*

Choose a person you can trust.

Page 164 has the rules for listening.