

# Metropolitan Baptist Church

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## 40 Days of Healing: The Daily Dose A Prescription of Study to Aid Your RECOVERY Coming Clean: The Housecleaning

*This mini-devotional includes Quotations, Scriptures, Prayer Topics, and Activities from Life's Healing Choices by John Baker to guide you during our church-wide Lenten study.*

### Sunday, March 7, 2010

"We've all done things that we wish we could go back and change. But we can't." **Read** - Romans 3:23-24  
**Pray** - Ask God to help you let go of your guilt. **Write** - This week you will complete your moral inventory. Divide a sheet of paper into five columns.

### Monday, March 8, 2010

"If we are ever to know the JOY of a pure heart, we'll have to learn how to let go of our guilt and shame and how to gain a clear conscience." **Read** - Matthew 5:8; Psalm 32:1-2 **Pray** - Ask God to help you gain a clear conscience. **Write** - Column 1: List the person or object you resent or fear.

### Tuesday, March 9, 2010

"Looking at our past gives us perspective,...., but if we *only* look at our past, we never get to see the present or look forward to the future." **Read** - Proverbs 20:27 **Pray** - Ask God to open your eyes to the truth of your past. **Write** - Column 2: List the specific actions someone did to hurt you.

### Wednesday, March 10, 2010

"Feeling guilty cannot change the past, just like worry cannot change the future." **Read** - Psalm: 31:7; Matthew 6:8 **Pray** - Ask God to help you reach out to others. **Write** - Column 3: How did that specific, hurtful action affect your life both in the past and in the present?

### Thursday, March 11, 2010

"God freely takes away your sins. You don't deserve it; you can't earn it; you can't work for it. It's free." **Read** - Romans 3:23-24 **Pray** - Thank God for His grace and mercy. **Write** - Column 4: Which of your basic needs (social, security, intimacy) were injured due to this hurt?

### Friday, March 12, 2010

"God's forgiveness is not in stages; it is not partial; it is absolutely complete." **Read** - Romans 8:1 **Pray** - Thank God for His forgiveness. **Write** - What part of the resentment, sin, or injury are you responsible for?  
NOTE: If you were abused, you are NOT responsible!

### Saturday, March 13, 2010

"When you risk honesty with another person, all of a sudden, a wonderful feeling of freedom comes into your life." **Read** - James 5:16 **Pray** - Thank God for providing Godly people in your life to share your struggles with. **Write** - Fill in all columns for EACH person or object you resent or fear.

Accountability Partner (AP)

Share the moral inventory you created this week with your AP. Choose a safe place and take your time. After sharing, pray with your AP and thank God for His full forgiveness.