

GETTING SPECIFIC: MY NEEDS FOR CHANGE

Take some time right now and rank yourself on a scale of 0-10. Now in some of the categories you'll say to yourself, "Absolutely not an issue in my life." If that is the case just put 0. If the attitude is extremely rare, score it a 1. If it is occasionally-but very occasionally-an issue for you, score it a 2 or 3. If it is sometimes a problem, score it a 5. If it is often a struggle, then you're more in the struggle category. If you know it is often one of your significant weaknesses, you are in the 8, 9 or 10 category.

Here is a list of attitudes and feelings that every follower of Christ needs to "put off" in his life. Place a number from 0-10 before each item to indicate the extent of it's presence in your life. Mark 0 if it's not an issue at all and 10 if it's present on a regular basis.

<input type="checkbox"/> Anger	<input type="checkbox"/> Envy	<input type="checkbox"/> Indifference to
<input type="checkbox"/> Anxiety	<input type="checkbox"/> (depressed by	<input type="checkbox"/> other's problem's
<input type="checkbox"/> Argumentative	<input type="checkbox"/> the good fortune of	<input type="checkbox"/> Inhibited
<input type="checkbox"/> Addiction	<input type="checkbox"/> others)	<input type="checkbox"/> Insecurity
<input type="checkbox"/> Bigotry	<input type="checkbox"/> False modesty	<input type="checkbox"/> Intemperance
<input type="checkbox"/> Bitterness	<input type="checkbox"/> Fear	<input type="checkbox"/> Jealousy
<input type="checkbox"/> Boastful	<input type="checkbox"/> Feelings of	<input type="checkbox"/> Laziness
<input type="checkbox"/> Bossiness	<input type="checkbox"/> rejection	<input type="checkbox"/> Loner
<input type="checkbox"/> Causing	<input type="checkbox"/> Feelings of	<input type="checkbox"/> Low self-esteem
<input type="checkbox"/> dissention	<input type="checkbox"/> stupidity	<input type="checkbox"/> Lust for
<input type="checkbox"/> Conceit	<input type="checkbox"/> Feelings of	<input type="checkbox"/> pleasure
<input type="checkbox"/> Controlled by	<input type="checkbox"/> weakness or	<input type="checkbox"/> Materialistic
<input type="checkbox"/> emotions	<input type="checkbox"/> helplessness	<input type="checkbox"/> Must strive to
<input type="checkbox"/> Controlled by	<input type="checkbox"/> Feelings of	<input type="checkbox"/> repay and kindness
<input type="checkbox"/> Peer pressure	<input type="checkbox"/> worthlessness	<input type="checkbox"/> shown
<input type="checkbox"/> Covetousness	<input type="checkbox"/> Gluttony	<input type="checkbox"/> you
<input type="checkbox"/> Critical tongue	<input type="checkbox"/> Greediness	<input type="checkbox"/> Negativism
<input type="checkbox"/> Deceitfulness	<input type="checkbox"/> Guilt (false)	<input type="checkbox"/> Occult
<input type="checkbox"/> Depression	<input type="checkbox"/> Hatred	<input type="checkbox"/> involvement
<input type="checkbox"/> Dominance	<input type="checkbox"/> Hostility	<input type="checkbox"/> Opinionated
<input type="checkbox"/> Drug	<input type="checkbox"/> Homosexual	<input type="checkbox"/> Overly quiet
<input type="checkbox"/> dependence	<input type="checkbox"/> lust	<input type="checkbox"/> Overly sensitive
<input type="checkbox"/> Drunkenness	<input type="checkbox"/> Idolatry	<input type="checkbox"/> to criticism
	<input type="checkbox"/> Impatience	<input type="checkbox"/> Passivity
	<input type="checkbox"/> Impulsiveness	<input type="checkbox"/> Prejudice
	<input type="checkbox"/> Impure thoughts	<input type="checkbox"/> Profanity
<input type="checkbox"/> Projecting blame	<input type="checkbox"/> Self-gratification	<input type="checkbox"/> Sexual lust
<input type="checkbox"/> Prone to gossip	<input type="checkbox"/> Self-indulgence	<input type="checkbox"/> Slow to forgive
<input type="checkbox"/> Rebellion to	<input type="checkbox"/> Self-justification	<input type="checkbox"/> Stubbornness
<input type="checkbox"/> authority	<input type="checkbox"/> Self-pity	<input type="checkbox"/> Temper
<input type="checkbox"/> Resentment	<input type="checkbox"/> Self-reliance	<input type="checkbox"/> Unloving (of the
<input type="checkbox"/> Restlessness	<input type="checkbox"/> Self-	<input type="checkbox"/> Unlovely)
<input type="checkbox"/> Sadness	<input type="checkbox"/> Righteousness	<input type="checkbox"/> Vanity
<input type="checkbox"/> Self-centeredness	<input type="checkbox"/> Self-sufficiency	<input type="checkbox"/> Withdrawal
<input type="checkbox"/> Self-confidence	<input type="checkbox"/> Sensuality	<input type="checkbox"/> Workaholic
<input type="checkbox"/> Self-deprecation		<input type="checkbox"/> Worry
<input type="checkbox"/> (or self-hatred)		

We confess our sins to God for forgiveness through the Mediator, Jesus Christ (1 Tim. 3:5) but we go to our brothers and sisters in Christ for support in the process of change. James 5:16 says, "Confess your sins to one another".

That's where some churches have it wrong. It's not a whole bunch of people confessing their sins to one superior person; it's confessing our sins to each other. It should be all Christians on equal footing acknowledging their struggles and their weaknesses with one another. The word "confess" means *to say the same thing*. When you go to confess your sins to your friends, you will be like, "Whew! That is great that

you finally see that.” They will be thrilled to know that God has revealed to you personally something that the people around you may have been very aware of.

You say, “What would I do this for? Why would I confess my sins to a friend?”

For two reasons:

1. ***To get it in the open.*** As the apostle John wrote, confessing our sins gives us Fellowship with others and forgiveness through Christ: “But if we walk in the light [that is, get our sins out in the light where we can work on them] as He is in the light, we have fellowship with one another, and the blood of Jesus Christ ... cleanses us from all sin” (1 John 1:7).
2. ***To get some prayer support.*** When those around you become convinced that you are serious about change, they will become faithful prayer supporters of God’s highest and best in your life. Everyone wants to pray about things they know God is willing to do.

Each of us needs to know the power of confessing our sin to a trusted friend. If you haven’t done it before, you might find it very hard to even say to one person, “I’m failing the Lord in this area.” It’s tough to say, “I’m not the woman that God wants me to be,” or “I’m not the man God is asking me to be in this area.”

Here are some suggestions that will help you to confess your sins to a friend:

- Choose someone who also wants to change, so the confession can be mutual
- Choose someone of the same sex... or your spouse in some cases
- After sharing, pray together, confessing your sin to God.