

FEARLESS and Searching: How is That Possible?

Step 4 - Made a searching and fearless moral inventory of ourselves

When we search our hearts we need to base that evaluation on God's ideas, God's morals, God's instructions about how our lives and world really operate. Our ways have been outside of God's plan. We need to filter our life habits through God's truth. We discover God's plan through searching God's word, asking trusted friends of God, keeping ourselves in places where God's ways of living are being practiced, and by asking God to speak to us in our own hearts.

When the Spirit of truth comes, he will guide you into all truth. (From John 16)

Your word is a lamp for my feet and a light for my path. (From Psalm 119)

Many people find it difficult to approach the truth about themselves or God because of fear of overwhelming pain, shame, guilt, non-acceptance, or fear of failing to be able to face reality once again. God makes several promises to us that come against the fears and worries we ordinarily bring into the healing journey.

I will only identify those things in your life that are in need of healing. *When he heard this, Jesus replied, "Healthy people don't need a doctor—sick people do." ... For I have come to call sinners, not those who think they are already good enough. (From Matthew 9)*

I already know everything you've done and I tell you today that I love you. I will always accept you. I only bring you to awareness about yourself so you don't have to continue to live in dark and painful places. I want you to have life, and life to the full. I want to help you remove all obstacles to that life that is joyous, happy, and free. *So now there is no condemnation for those who belong to Christ Jesus. ² For the power of the life-giving Spirit has freed you through Christ Jesus from the power of sin that leads to death. (From Romans 8)*

I will never give you more than you can handle. I know you better than you know yourself. I know when the burden is too heavy. I also know when you need to be stretched so you can grow and become more than you've ever been. My goal for you is healthy growth. My purpose for you is life not condemnation and death. *But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it. (From 1 Corinthians 10)*

I will not leave you alone to face your problems. It is too much to face these things along. That's why I went to cross before you to deal with them. It's why I give you my Holy Spirit to live with you to comfort and strengthen you while you move into freedom and truth. *God says, "I will never fail you. I will never forsake you." (From Hebrews 13)*

Turn your will and life over to me for I am the one who has the power to give you a life of freedom and love I absolutely assure you that this life is available for you. I will set you free. Only I can do it completely. All other powers are false or limited. *And you will know the truth, and the truth will set you free." So if the Son sets you free, you will indeed be free. (From John 8)*

Give all your worries and cares to God, for he cares about what happens to you. (From 1 Peter 5)

Long ago the LORD said to His people, "I have loved you, my people, with an everlasting love. With unfailing love I have drawn you to myself.⁴ I will rebuild you, my people. You will again be happy and dance merrily. (From Jeremiah 31)

Questions For Discussion and Reflection

1. Jesus tells us if we obey his teaching we will really be free. What teachings of Jesus am I living today? What teachings of Jesus am I avoiding today?
2. What will I do this week to let God build an environment of love and trust in my heart rather than simply operating in the usual prison of fear?