

Dirty Little Secrets, week 2: Diving Deep
Matthew 15:16-19 and James 1:14-15
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Matthew 15:16-19 Our dirty little secret is deep within us

Can't just treat the symptoms,
We have to treat the cause.

Searching our soul: what's in our heart leads to our behavior

1. Root Sins
2. Resentments
3. Guilt
4. Fears
5. Lies we tell ourselves

Once you dig it up, now what do you do?

1. Make a list
If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. John 1:9

2. Get a dive buddy

Why?

It helps with the healing

It keeps you safe

3. Burn or shred the list