

Journey CHURCH

LORD'S SUPPER

**CONFESS UP
AND BE FREED UP**

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The Purpose of the Lord's Supper

Confess up where you will be freed up!

Secret Sin Keeps Us Sick

James 5:16 *NKJV* Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

I. Remember what Jesus did for us.

1. He was beaten and nailed to the cross. *1 Corinthians 11:25; Isaiah 52:14, NIV; Isaiah 53:5, KJV*

2. He gave His body to be beaten and His blood to be poured out for us to be forgiven.

II. Take time to examine our own lives.

1. For our faithfulness.
2. For our sins.

III. The Result of Your Response

The Lord's Supper can lead to bondage, sickness, or even death; or it can lead to freedom, happiness, joy, and wholeness.

1 Corinthians 11:29-34; Acts 3:19

IV. Lord's Supper *Matthew 26:26-30, NKJV*

1. Take the bread as a reminder of the Body of Christ.

Isaiah 50:6, NKJ; Isaiah 53:7, NKJ; Isaiah 52:14, NIV; Isaiah 53:5, KJV

2. Take the juice as a reminder of the blood.

Hebrews 9:22, NKJV; Matthew 26:30

SPIRITUAL CHECKLIST

- Are you reading the Word of God? (*Joshua 1:8*)
- Are you standing in obedience on the promise? (*Joshua 1:8*)
- Are you proclaiming God's promises of faith? (*Joshua 1:8*)
- Have you repented of all known sin in your life? (*Isaiah 55:7*)
- Have forgiven everyone who may have offended you? (*Matthew 6:14-15*)
- Are you tithing on your first fruits? (*Proverbs 3:9; Mal. 3:9-10*)
- Have you asked God for what you need? (*1 Timothy 5:5*)
- Do you trust God to take you through the problem and into your provision? (*Psalms 78:7; Prov. 5:6*)
- Are you praising Him while you are in the problem? (*Exodus 15:2; Psalm 7:17*)
- Are you ready to let God choose what His best is for you? (*Psalms 47:2-4; Joshua 24:15*)
- Are you ready to stop rebelling, complaining, and griping? (*1 Samuel 15:23; Deuteronomy 9:7*)
- Are you reading and looking at things you should not?
- Have you learned to submit to those over you?
- Are you loving your wife like Christ loved the Church? (*Ephesians 5:25*)
- Is there fruit in your life? (How's your fruit life?)

"Our Problem Can Never Be Greater Than Our Provider?"

Action Steps to shorten your stay when in a problem.

1. Acknowledge the problem.
2. Take responsibility.
3. Be willing to work.
4. When you are wrong, admit it.
5. Forgive.
6. Control your tongue.
7. Get off your pity pot.



CONFESSION THAT LEADS TO FREEDOM

1) ATTITUDE *Philippians 2:3-8*

Does your face reflect a defeated spirit? Do you tend to think only of yourself rather than that of others? Is your attitude a stumbling block to anyone else? Do you find it difficult to believe God would greatly bless you?

2) BEHAVIOR *1 Corinthians 10:6-10; 16:13-14*

Are you running with the wrong crowd? Are you doing the wrong things? Do you tell people you love them but your actions show differently? Do you find it hard to admit you are wrong?

3) COMPLAINING *Job 7; 30:16-31*

Are you irritable, quick tempered—fault finder—complainer—gossiper—cranky—do you look for the good or bad in a person?

4) CRITICAL SPIRIT *Philippians 2:12-15*

Have you dishonored GOD & HIS work by criticizing His servant? Are you lazy? Do you hesitate to submit to your pastor-mother-father-employer? Do you pout?

5.) DISCIPLINE *II Timothy 1:17*

Do you spend time in God's Word? Do you eat right—do you take care of your body? Are you un-teachable? Do you have bad habits you are unable to break?

6) FEARFUL *Isaiah 35:4; Matthew 6:25-34; II Timothy 1:7; I Peter 5:7; I John 4:18*

Do you worry & fear the unknown? Do you spend more time worrying than praying?

7) FEELINGS *Matthew 6:25-34; I Peter 2:1-4*

Are you impulsive? Do you allow tension to build up to the point of feeling you "Need to explode"? Do you have the blues for no apparent reason? Do you feel inadequate?

8) GIVING *Proverbs 11:24-25; Malachi 3:8-11; Luke 6:38*

Are you clinging to your money? Are you too busy to give your time & money to your church? Have you robbed God by not tithing? Are you using your talents in the church?

9) UNFORGIVING SPIRIT *Matthew 6:12, 14-15; Ephesians 4:32*

Is there anyone against whom you hold a grudge? Anyone for any reason? Anyone you dislike to hear praise about? Is there anyone your harboring bitterness or jealousy against?

10) WORLDLINESS *Romans 12:1-2; I John 2:15-17*

Have you allowed the world to cause you to be dirty and in need of washing? Do you watch and read things that are not pleasing to God? Are you doing things that tell the world you are not satisfied with what God is doing in your life? Are you controlled by things of the world like wrong life style—wrong clothes—T.V.—SPORTS—WRONG ENTERTAINMENT. What are you telling the world brings you the most satisfaction?

11) WORSHIP *Hebrews 10:25*

Are you faithful? Are you reverting? Do you call attention to God or self? Do you have a personal quiet time? Do you have a healthy fear of God? When God's Word is being read or preached do you show respect?

12) PRIDE *Psalms 138:6; James 4:6-10*

Do you brag about yourself? Do you argue about what your rights are? Do you get upset quickly if you think your rights have been violated? Do you feel you're doing better as a Christian than most? Do you worry about what others think about you more than God? Have you been convicted and haven't come and confessed because you are worried what others might think? Are your statements mostly about self?

13) THANKFUL SPIRIT

Psalms 34:1-4; Ephesians 5:20; Philippians 4:4-7; I Thessalonians 5:18

Have you neglected to thank God and others for all they have done? Are you content? Are you thankful for your job—church—family?

14) TONGUE *Ephesians 4:29; I Thessalonians 4:6; James 3:1-12; I Peter 3:3-10*

Do you ever, by word or deed, seek to hurt someone? Do you speak unkind words? Do you ever lie? Do you exaggerate? Do you ever take God's name in vain?

15) JEALOUSY *2 Corinthians 11:2; Proverbs 6:34*

The desire to deprive another of pleasures which draw him away from you.

16) WORRY *Philippians 4:6-7*

Assuming responsibilities God never intended for us to have.

17) GUILT *1 John 1:9*

Only comes from unconfessed sin, because if we confess it God forgives us.

18) HURT *Matthew 5:11-12 (NCV)*

"People will insult you and hurt you. They will lie and say all kinds of evil things about you because you follow me. But when they do, you will be happy. Rejoice and be glad, because you have a great reward waiting for you in heaven. People did the same evil things to the prophets who lived before you."

19) SELFISH AND GREED *Philippians 2:3-4 (NCV)*

Most people are not aware they are selfish because of their lack of self-awareness they believe they are right instead of recognizing their selfishness. Important insight when we right we are right stop and ask God am I really being selfish in this matter or not?

20) GOSSIP AND SLANDER *Proverbs 18:21, NKJV; Proverbs 20:19; Ephesians*

4:29-32, NCV

Our words bring curses and blessings. Slander - when you get through talking, and the person you were talking to thinks less of the person you were talking about. Gossip - When you are not part of the problem or the solution.

