

Leviticus 14:33

## DUSTBIN SHEET

Isn't it amazing when you come to move house how much rubbish we have in the house and the garage? We are the same in everyday life. Every sin we have committed leaves behind the rubbish of our guilt and resentments.

When we become Christians we 'move house' -we move Kingdoms and our house needs 'spring cleaning'. We need deep confession and deep forgiveness to clear out the rubbish of our hidden sins, guilt and resentments, buried in our memories.

**BRING THE DUSTBIN OF YOUR HEART AND POUR OUT THE RUBBISH OF YOUR GUILT AND RESENTMENT AT THE FOOT OF THE CROSS AND LET JESUS 'SPRING CLEAN' YOUR HEART.**

Hear the Lord Jesus on the cross say, "Father, forgive them". Feel the blood of Jesus cleanse you from all the dirt of the wrong things in your life.

Quietly find time to read John's Epistle Chapter 1. (1 John 1) Psalm 51 vs. 1-12 and Psalm 32 vs. 1-5.

David the Psalmist puts it like this - "Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the LORD.' And you forgave the guilt of my sin."

(Psalm 32:5)

### HERE IS HOW TO DO IT - STEP ONE

Find a quiet place where you will not be disturbed. Give yourself plenty of time - at least an hour or two. You may find it helpful to kneel as you do this.

Take a pen and a large sheet of paper.

Now ask the Holy Spirit to help you remember memories of things you still feel guilty about. Start when you were very small and come through the years till you reach today. Write down all the things and incidents you still FEEL guilty about. (Don't make a long list of your sins - they are forgiven and forgotten by God, so you need not remember them. The Devil will want to remind you of them to accuse you – RESIST HIM, firm in your faith. *AFFIRM* to yourself against him that "I AM FORGIVEN ALL MY SINS through the shed blood of Jesus – Hallelujah".)

Write just a brief note about the incidents you still feel guilty about. i.e. 'I stole some sweets', 'I hurt my brother...', 'I lied to my mother...' etc.

Confess them as sin to God in all his purity and holiness and ask him to forgive you in the Name of Jesus. Trust God to forgive you, be glad about it and go on to the next sin until they are all confessed and forgiven and you are clean from the guilt of your sins.

Do this from as far back as you can remember till today. REMEMBER, WRITE, CONFESS, BELIEVE, and RECEIVE, till you feel forgiven. If at any point you cannot feel forgiven make a note of that and share later with a trusted Christian counsellor and ask for ministry to cleanse you from that guilt.

Having finished the confession, thank God for his love that forgives and covers a multitude of sins and remembers them no more! Love Him, for you have been forgiven much.

Now fold the paper and write out 1 John 1:9 across it. -"If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness." Sign the paper as your written confession, then take it and BURN it - YOUR GUILT IS PARDONED AND YOUR SINS ARE GONE.....Hallelujah!

## STEP TWO

Now find a quiet place where you will not be disturbed. Give yourself plenty of time - at least an hour or two. You may find it helpful to kneel as you do this.

Take a pen and a large sheet of paper.

Ask the Holy Spirit to help you remember memories and incidents when you felt hurt and wounded, when other people's attitudes, their words and actions, grieved you and you still feel hurt, or angry, or resentful, or bitter about it.

If it still hurts to remember it, bring it before the Lord Jesus at the foot of the Cross.

Make a note of the incidents you still feel resentful about, i.e. 'Mother blamed me and it wasn't my fault.' 'Dad rejected me and told me to "go away you silly child."' 'Other children laughed at me...' 'Teacher said...'

Over each incident ask the Lord to forgive you for holding on to the hurt with resentment and/or bitterness.

Now, FORGIVE THE PERSON who hurt you, just as the Lord Jesus has forgiven you. Let the love of Jesus fill your heart with a love that can say, 'Father, I let them off.' (To FORGIVE is to let someone off a debt they owe you.) from as far back as you can remember and go through your memories right up till today, confessing hurts and resentments, forgiving as you have been forgiven.

If you find the memory very painful and hard to forgive, make a note of the area and ask a trusted Christian counsellor to pray with you to release you into a forgiving spirit. (See Ephesians 4:32)

When you have finished, fold the paper, write out Ephesians 4:32 across it - "And be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you." Sign the paper as your confession and forgiveness and BURN IT as before.

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You are now forgiven the guilt of your sin; you are now forgiven the guilt of your resentments at being sinned against and to the extent that you have forgiven others, so you are forgiven.

"Father, forgive us as we forgive them that trespass against us"

(Matthew 6:12)

Rejoice to know your Heavenly Father's forgiveness, His cleansing and release from your sins and hurts. The rubbish of your sins are now GONE - cast at the foot of the Cross.

Read through Psalm 51, and let the Lord restore to you the JOY OF YOUR SALVATION.

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