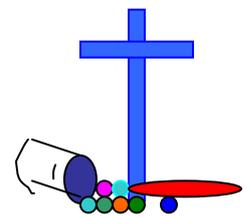


# Dustbin Therapy Sheet

(Read 1John chapter 1, Psalm 32 v1-5)



When we first come to Christ, we hear His call to repent, we turn from our sins and turn to Him as our Saviour, Forgiver and Master. Often we feel deeply convicted by the Holy Spirit and ask God to forgive us for all our sins. The burden of our heart rolls away and we receive His forgiveness. The joy of forgiveness continues for a time but then sometimes fades away. Later, we may feel guilty and condemned again. This is often due to the fact that our initial confession of sin was rather shallow and superficial or we may not have forgiven ourselves. We still need deep confession to reach hidden un-confessed sins, and resentments buried in our secret heart.

David 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 me the guilt of my sin. Ps 51v 6*

BRING THE DUSTBIN OF YOUR HEART AND POUR OUT THE GUILTY AND SINFUL CONTENTS TO THE LORD AT THE FOOT OF THE CROSS. (It is good to kneel as you do this.)

**Step 1** Find a quiet place where you will not be disturbed. Take a large sheet of paper and go through the journey of your life, asking the Holy Spirit to help you recall guilty memories - write down a brief note of all the things you still feel guilty about..

Don't make a long list of your sins. They are all forgiven and forgotten by God so you do not need to remember them! The devil will want to remind you of them to accuse you and condemn you. Resist him, firm in your faith. Affirm to yourself against him, that “All my sins are forgiven through the shed blood of Jesus”. Hallelujah

Begin recalling the things you still feel guilty about. Write down a brief note about it, i.e. - “I hurt so and so”.....or I was cruel to my brother”....etc. Confess them one by one, as sins against God in all His Holiness and ask for his forgiveness in the Name of Jesus.

Believe that you are forgiven. Receive your forgiveness with Joy and move on.

Do this from as far back as you can remember until today.

Recall, write, confess, believe, receive, until you feel forgiven, for all you have specifically confessed. If at any point you do not 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, and forgiveness that covers a multitude of sins and remembers them no more.! Love Him, for you have been forgiven much. Now fold the paper and write across it, 1John 1 v 9 sign the paper as your written confession, then take it and BURN it - **your guilt is pardoned and your sins are gone.**

**Step 2** Now take a second sheet of paper and go through your life journey but this time recall the hurts and wounds that you have received and still feel hurt, angry or resentful about. Ask the Holy Spirit help you recall people or words that hurt you, that still hurt and you feel resentful about. Recall incidents with Father, Mother, brother & sisters and other key figures in your life.

Grandparents, Friends, Teachers, Lecturers, note any incidents - i.e. “My mother told me off in front of my sister for something I hadn't done.” Or my sister said “Go away you spoil things”.

As you write it down ask the Lord to forgive you for holding on to any resentment and hurt. Now forgive the person, just as the Lord has forgiven you (Matthew 6:12). Ask Jesus to fill your heart with His love so that you can say “Father I forgive them” as He did, and mean it. Go from as far back as you can remember right up till today, confessing hurts and resentments, and forgiving, as God has forgiven you. (To forgive is to let someone off a debt they owe you.)

If you find a memory full of pain and it hard to forgive the person, make a note of the area and ask a trusted Christian counsellor to pray with you to release you into a forgiving spirit. (See Eph 4 v 32) Sometimes when the abuse or betrayal was over many years, this will take time. When you have finished, sign the paper as your confession, and your forgiving, write Eph 4 v 32 across it, and BURN it as before. –

**Now you are free from resentment - as much as you have forgiven others.**

**Now let the Lord restore to you - “The Joy of your Salvation”**