



The  
**Cornerstone  
to Recovery**  
Show

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**EPISODE 5**

**THE FREEDOM OF BEING FULLY KNOWN**

<sup>5</sup> 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.

Psalms 32:5



## HIS WORD TODAY – EPISODE 5 WORKBOOK

*“Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.”*

**Key Scripture:** Psalm 32:5 • James 5:16

### **THE HEART OF STEP 5**

Step 5 is the step where we stop hiding and start healing.

It is the moment we allow ourselves to be fully known — by God, by ourselves, and by another person.

Psalm 32:5 captures the essence of this step:

*“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.”*

**Key Idea:** *Freedom is found in honesty, not perfection.*

#### **Reflection:**

- What have you been carrying alone?

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- What fears rise up when you think about being fully known?

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- How has hiding affected your spiritual and emotional health?

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## 1. CONFESSION BEGINS WITH GOD

David says, *“I acknowledged my sin to You.”*

Confession is not informing God of something He doesn't know.

It is agreeing with God about what He already sees.

- God is not shocked by your sin.
- He is not surprised by your failures.
- He is not disgusted by your humanity.

He invites confession because He wants relationship, not performance.

When we confess to God, we step out of the shadows and into His healing light.

Key Idea: *Confession is stepping into the light where grace meets us.*

Reflection:

- What truth do you need to bring before God?

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- What have you been afraid to admit in prayer?

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- How does knowing God already sees everything change your perspective?

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## 2. CONFESSION REQUIRES HONESTY WITH OURSELVES

Step 5 says we admit our wrongs “to ourselves.”

This is often the hardest part.

- We can lie to others.
- We can lie to God.
- But the most dangerous lies are the ones we tell ourselves.

Self-honesty is the doorway to spiritual clarity.

When we finally say:

**“This is who I’ve been. This is what I’ve done. This is the truth.”**

- Shame loses its grip.
- Denial loses its power.
- The fog begins to lift.

You cannot heal what you refuse to name.

You cannot surrender what you refuse to acknowledge.

You cannot grow past what you refuse to face.

**Key Idea:** *God heals the person you actually are — not the person you pretend to be.*

### Reflection:

- What truths about yourself have you avoided?

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- What patterns do you see emerging from your Step 4 inventory?

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### 3. CONFESSION TO ANOTHER PERSON BREAKS ISOLATION

“...and to another human being the exact nature of our wrongs.”

This is the part that scares most people.

Why?

- Because secrets grow in silence.
- Shame thrives in isolation.
- Addiction feeds on hiddenness.

But when we speak our truth to another person —

a pastor, a sponsor, a trusted friend —

Something supernatural happens:

- The power of secrecy breaks
- The lie that “I’m alone” dies
- The fear of being unlovable dissolves

James 5:16 says:

*“Confess your sins to one another and pray for one another, that you may be healed.”*

Forgiveness comes from God.

Healing often comes through people.

**Key Idea:** *God often delivers grace through another person.*

**Reflection:**

- Who is a safe person you can talk to?

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- What fears do you have about sharing your story?

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## 4. CONFESSION LEADS TO FREEDOM, NOT CONDEMNATION

David ends Psalm 32:5 with this promise:

***“And You forgave the guilt of my sin.”***

Not just the sin —but the guilt.

- God doesn’t just wipe the slate clean.
- He lifts the emotional weight.
- He breaks the spiritual chains.
- He restores the joy that hiding stole.

Confession is not humiliation — it is liberation.

It is not punishment — it is release.

It is not exposure — it is healing.

**Key Idea:** *The enemy wants you to hide. God wants you to be healed.*

### **Reflection:**

- What guilt or shame do you need God to lift?

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- How has hiding affected your joy?

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- What would freedom feel like in your body, mind, and spirit?

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## 5. THE CROSS MAKES STEP 5 POSSIBLE

We can confess without fear because Jesus already carried the shame we're afraid to face.

- He took our sin.
- He bore our guilt.
- He absorbed our punishment.
- He opened the door to forgiveness.

When we confess, we are not walking into judgment — we are walking into **grace**.

**Key Idea:** *The cross guarantees that honesty will not destroy you — it will free you.*

### Reflection:

- How does the cross change the way you view confession?

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- What part of your story needs to be brought to the foot of the cross?

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- Where do you need to receive grace today?

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**Reflection:**

- What part of Step 5 feels most challenging?

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- How does Psalm 32:5 speak to your journey?

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- What lies have you believed about confession?

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- How has secrecy shaped your life?

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- What does freedom look like for you?

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**PRACTICAL NEXT STEPS:**

- Pray Psalm 32:5 daily
- Choose a trusted person to share with
- Review your Step 4 inventory prayerfully
- Write out your Step 5 confession
- Schedule a time to share your story
- Journal how you feel afterward

**CLOSING PRAYER:**

Father, I bring my whole truth before You.

I confess what I have carried, what I have hidden, and what has weighed me down.

Give me courage to be honest with myself and with another person.

Break the power of secrecy.

Lift the weight of guilt.

Let Your grace wash over every part of my story.

Thank You for the cross, where shame is defeated and freedom begins.

Amen.