

*We're only as safe as the secrets we've spoken; we're only as
healed as our hearts can forgive*

**There is freedom in _____ and consequences in
_____.**

**Begin with _____ the wound and your
_____ in it.**

Confession needs an _____

- I'm sorry... (_____)
- That I... (take _____)
- I will... (offer a _____)
- Please forgive me... (seek _____)
- I'm here (_____, practice self-forgiveness, repair
the relationship, meet with Jesus, go and do likewise)

_____ involves _____ it

- _____ can be offered unilaterally.
- _____ requires two people.
- _____ has to be rebuilt.
- _____ may still be necessary

Confession and forgiveness are _____

Go to www.emmanuel.church/messages
for recordings and other resources.