

LIVE

TO

FIGHT

ANOTHER

DAY

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So here we are again.  
Drowning in Guilt and Shame

Whatever you did  
whatever you thought  
whatever you said is right now  
eating at you like a flesh eating  
bacteria.

It's hard to move on because you  
currently feel like a slave to a stupid  
choice.



So why did we do it this time?  
Bored, Angry, Frustrated?

Honestly it really doesn't matter why  
we did it  
All that really matters is that we did  
it.

Guilt and Shame isn't fueled by why  
you did it

Guilt and Shame follows the reality  
found in us making a bad decision and  
poor choice that we know we  
should'nt have done.

But We did it anyways.



So now what?

Are we going to sit here and drown in  
our sorrows believing we are the  
worst hypocrite?

Are we going to sit here and count  
how many reasons why God should  
throw you and I in the trash because  
of  
what we did?

Are we going to just sit here and die  
in our sins because we believe this is  
where life ends?

No.



No.

This is not where life ends.  
This is where life, continues...

God knew we would be here  
He knew the thought before it entered  
our consciousness.

He knew we would follow through on  
how we felt neglecting the detriment  
it would cause our soul.

He knew of the Guilt and Shame that  
would follow afterwards

He knew you and I would be here.



And guess what....

Even though He knew before hand we  
would be here

He decided to meet us before we got  
here.

He knew you would be reading this  
with the great sorrow that you feel  
and He still believes you and I are  
worth the fight.

As a matter of fact this moment was  
no surprise to God.

He anticipated it.



Am I suggesting that He wanted you  
and I to feel this way?

Of course not!!!!

However, He did know that in the  
propensity of our flesh there would  
come a time that we would return back  
to this place of anguish, grief and  
sorrow.

And Still  
He believes you and I are  
worth the fight.



Romans 5:8

But God commends His love towards  
us, in that,  
while we were yet sinners,  
Christ died for us.

Jesus died for us in our sins with an  
awareness that you and I because of  
our flesh would sin again.

But His sacrifice was made so that  
our sin would not be our end.

**YOUR SIN IS NOT YOUR END!**



Why did Jesus die in the first place?

Rom. 5:23

For all have sinned and, and come  
short of the glory of God;

Rom. 5:10

As it is written, there is none  
righteous, no, not one:

Jesus knew of the state of man and  
was born to be the solution to our Sin  
problem.

Sin was the Problem

But now His Grace is our Solution.



So we have to put this in perspective  
Jesus knew we would be here before  
we got here

And decided to send us His Grace and  
Mercy so that we wouldn't have to  
drown in our Guilt and Shame.

Jesus died, was buried and was  
resurrected so that our sins could not  
have an ETERNAL hold on our souls.

**Jesus is that answer to our problems!**



I'm guessing you may or may not know that.

The reality is because of what we did, we have to now remind our souls what Jesus did for our spirit.

Soul; Your mind, will, and emotions  
Spirit; the principle place of conscious life that will live forever.

Jesus died so that your Spirit can be saved from the Penalty of Sin.



While Sin separates us from the Spirit  
of God

Confession and acknowledging the  
need for God's forgiveness will restore  
your spiritual state.

The problem we're dealing with is  
refreshing the state of our soul.

While confessing our sins and asking  
for forgiveness is one thing  
accepting the power of God's  
redeeming power is another.



So together we are going to follow a formula that I believe will put us on the right path to healthy restoration and refreshing.

With time and consistency your mind will purge your heart from the guilt and shame that you feel.

Trust me how you feel will go away. But only with time and consistency.

Are you ready?

# **Step #1**

## **Confess Your Faults**



1 John 1:9

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

That's what we need!

We need Forgiveness and we need a deep Cleansing.

How do we get it?

Confession.



Confession is to acknowledge, admit and profess that you and I did what was not right and pleasing to God.

Don't blame anyone else for what you did.

Tell God the Truth  
Be honest, Be real and Be open.

God will not restore a  
lying, fake and closed heart.

In this moment I want you to confess  
your faults to God....  
Go ahead tell Him....



Now in that same breath I want you to  
confess your need for God.

Remind God why you need Him.  
Tell God you believe He can save you  
Declare that God sent His Son Jesus  
to die for your sins so that you can be  
made righteous.

Rom. 10:9

That if you will confess with your mouth  
that Jesus is Lord, and believe in your  
heart that God raised him from the dead,  
you will be saved.

For with the heart one believes, resulting  
in righteousness, and with the mouth  
confession is made, resulting in salvation.



Did you do it?

Moving forward from this point will do no good for you unless you start with confession.

Now I need you to understand this crucial truth.

Just because you confess doesn't mean you will automatically forget what you did.

For while confession leads us to salvation  
a repentant heart leads to sanctification.



2 Cor. 7:10

For Godly sorrow works repentance  
to salvation, which brings no regret.  
But the sorrow of the world works  
death.

So the challenge we feel after  
confession is learning to manage  
our sorrow for what has happened.

Sorrow goes away in time  
but it should lead to a new  
consciousness.

Greater Conviction.

Your sorrow should lead to conviction



I didn't say condemnation  
I said conviction.

Conviction drives your heart to live in  
repentance. That is to live in a  
constant turning back to God.

Your flesh wants to go back  
but your spirit is pulling you forward.

Conviction charges your heart to  
want to please God.

While condemnation wants to keep  
you separated from thinking you CAN  
please God.



Rom. 8:1

There is therefore now no  
condemnation to those who are in  
Christ Jesus.

Don't allow Condemnation to lock you  
in a state of Guilt and Shame.

Instead let condemnation push you to  
remind you why Jesus died for you.

Why Jesus called you to belong to  
Him.

My spirit's conviction pushes me to  
live better, do better, be better.

Which brings us to Step #2

# **Step #2**

## **Crucify the Flesh**



Now this is not an immediate action,  
this is a progressive action.  
It's ongoing.

Matt. 16:24

Then Jesus said to His disciples, "If  
anyone wishes to come after me, he  
must deny himself, and take up his  
cross and follow me.

1 Cor. 15:31

(Paul Said) I affirm, by the boasting in  
you which I have in Christ Jesus our  
Lord, I die daily.



Crucifying the flesh is an ongoing journey of self denial.

It is us suppressing what our flesh demands and giving space for our spirit to be prioritized.

This is a good time to fast and focus primarily on the things of God.

During this stage make sure you don't create space where your flesh can have a reason to capitalize on your weakness.



Rom. 13:14

But put on the Lord Jesus Christ, and make no provision for the flesh, for its lust.

That means this is not the time to play with fire knowing how last time you go burned.

During this phase we are bringing our bodies under subjection to God's will. That means thoughts, ideas, imaginations and fantasies must come under subjection to the Will of God.



And if there is a thought, an idea or  
an imagination that tries to take up  
space in your mind we have to  
literally cast it down!

2 Cor. 10:5

Casting down imaginations, and  
every high thing that exalts itself  
against the knowledge of God, and  
bringing into captivity every thought  
to the obedience of Christ;

This is the time where you and I must  
commit to a season of greater  
discipline.

Otherwise we will fall back.

# Step #3

## Live in the Grace of God



It is the grace of God that restores  
you.

So we have to live there.

Just because you continue to fight  
with the memories of what you did  
doesn't mean you haven't been  
forgiven.

Your flesh will do everything it can to  
take you back to that place.

But in God's grace you can find  
forgiveness and cleansing.



It is in God's Grace where you and I  
will find the power to not only be  
strong but to stay strong despite  
the opposition.

Eph. 2:8-9

For by grace you have been saved  
through faith. And this is not your  
own doing; it is the gift of God, not a  
result of works, so that no one may  
boast.

Depending on the grace of God for  
your restoration is designed to bring  
God glory in your life. Just live in His  
grace.

# **Step #4**

## **Believe in Hope**



What you feel will not destroy who you are becoming.

God is still shaping, forming and molding you into the image of His son Jesus Christ.

You just have to keep hope alive that despite what feelings you have and the thoughts you think believe that God will finish what He started in you.

# Step #5

## Establish Accountability



Two are Better than One

Can I be honest

this battle is hard to win on your own.

It really is.

Sometimes it's necessary to have someone you can trust with you to keep you accountable.

Someone you can be honest with when you are struggling with your flesh.

You won't always feel strong. But you can finish the day strong with stronger partnerships.

# Step #6

## Become a Messenger



Be an advocate for someone else's liberation.

One of the ways you commit to keep the fight going is by being an advocate against the thing you're dealing with.

I'm not suggesting you always have to go back to what God is restoring you from but sometimes being an advocate against can help strengthen your ability to oppose what your flesh has an appetite for.

**Step #7**  
**Rinse & Repeat**  
**(If Necessary)**



Rom. 8:37

Nay, in all these things we are more than conquerors through Him that loved us.

Friend you have to learn to see yourself greater than what you did. You can conquer this because with Christ you are more than a conqueror.

Do you believe that?  
You have to learn to believe it.

However...

Step #7

**Step #7**  
**Rinse & Repeat**  
**(If Necessary)**

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However...

**Step #7**  
**Rinse & Repeat**  
**(If Necessary)**



This wouldn't be called live to fight another day if there wasn't going to be another day.

There very well may be another.  
And maybe another day.  
And another after that.

However just know the Lord and I wil be here waiting for you to rinse and repeat the process if necessary.

**Just keep Hope Alive.**  
**You will survive this.**