

# CLEAR CONSCIENCE

*A clear conscience is the ability to say, "There is no one alive that I have ever wronged, offended, or hurt in any way that I have not gone back to and made it right with God and with them."*

## How an Unclear Conscience Affects You

1. No power in witnessing (*1 Peter 3:15-16*)
2. Active at church, but neglecting other spiritual matters (*Matthew 7:21-23*)
3. Going through the role of religion, but lost the heart desire, love, and motivation (*1 Samuel 15:22*)
4. Nervousness (*Proverbs 10:24*)
5. Always on the defensive (*Proverbs 21:2*)
6. Anxiety, tension, guilt, and frustration (*Matthew 18:34-35*)
7. Inability to make wise decisions in light of ultimate goals (*1 Timothy 1:5*)
8. Fears (*Proverbs 28:1*)
9. Unable to concentrate (*Psalms 38:14; James 1:8*)
10. Small circle of friends (*Proverbs 18:4*)
11. Depression and fatigue (*Proverbs 20:27; Psalm 32:1-4*)
12. Judgmental attitudes (*Romans 2:1-3; Matthew 7:1-5*)
13. Self-condemnation (*Proverbs 8:36; 11:9*)
14. No joy (*2 Corinthians 6:3-10*)

## How a Clear Conscience Affects You

1. Mark of maturity (*Hebrews 5:13-14*)
2. Spiritual exercise of the inner man (*Acts 24:16*)
3. Freedom to rejoice in everything (*2 Corinthians 1:12*)

4. Number one weapon next to faith for overcoming Satan and sin (*1 Timothy 1:18-19*)
5. Freedom to share faith with boldness (*1 Peter 3:15-16*)
6. Better health and physical appearance (*Psalms 32:1*)

## Reasons to Have a Clear Conscience

1. God's Word commands it.
2. It brings release from bondage and conflict.
3. It is a channel through which love flows.
4. It brings about development and growth.
5. Without it, the ability to discern between right and wrong is gone.

## Biblical Parameters for Confession

1. The scope of the confession should be as large, but only as large, as the transgression.
  - a. Private sins should be confessed privately.
  - b. Personal sins should be confessed personally.
  - c. Public sins should be confessed publicly.
2. Do not apologize or just say, "I'm sorry." Say, "Will you please forgive me?"
3. When obeying . . .
  - a. In person is usually best.
  - b. The phone is the next best option.
  - c. A letter is the last and least effective.
4. Do not reflect negatively on another person.
5. Put the hardest person on your list first.
6. Don't expect an overwhelmingly positive response.

## Obstacles to Obtaining and Maintaining a Clear Conscience

1. "It happened a long time ago."
2. "They have moved away."
3. "It's such a small thing."
4. "Things have gotten better."
5. "It will cost me money."
6. "I'll do it later."
7. "The other person was mostly wrong."
8. "They're not Christians."
9. "I was right and they were wrong."
10. "It happened before I was saved."



For additional resources visit [LifeAction.org](http://LifeAction.org).