

## Fess Up

*(How find a better class of friend)*  
(SERIES: 12 Steps Up; 05 of 12)  
by Dr. David Foster

"For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Therefore **CONFESS YOUR SINS TO EACH OTHER AND PRAY FOR EACH OTHER SO THAT YOU MAY BE HEALED.** The prayer of a righteous man is powerful and effective." (Heb 4:15-16 & JAM 5:16)

### Playing the Victim

**Victims are experts at scapegoating.**

**Victims are experts at side-stepping.**

"Then Elijah talked to them. 'How long are you going to waver between two opinions?' he asked the people. 'If the Lord is God, follow him! But if Baal is God, then follow him!'" (1 Ki 18:21)

**Victims are experts at pity-parties.**

### I Am a Winner

**Therefore, I do take responsibility.**

"A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance." (Prov 28:13-14)

**Therefore, I do ask for accountability.**

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." (JAM 5:16)

### A Better Class of Dude?

**A great friend can clam up.**

"A gossip betrays a confidence, but a trustworthy man keeps a secret." (Prov 11:13)

**A great friend can stand up.**

"A friend loves at all times, and a brother is born for adversity." (Prov 17:17)

**A great friend can speak up.**

"If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over." (Mat 18:15-17)

**A great friend can pick up.**

"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. Carry each other's burdens, and in this way you will fulfill the law of Christ." (Gal 6:1-3)

**A great friend can show up.**

"Two are better than one, because they have a good return for their work: If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!" (Eccl 4:9)

**A great friend can lift up.**

"And let us consider how we may spur one another on toward love and good deeds." (Heb 10:24)