

## DENIAL

### Principle 1:

Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

*"Blessed are the poor in spirit, for theirs is the kingdom of heaven." Matthew 5:3*

#### Step 1:

We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

*"For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." Romans 7:18*

#### Disables our \_\_\_\_\_

*"They promise them freedom, while they themselves are slaves of depravity—for 'people are slaves to whatever has mastered them.' 2 Peter 2:19*

#### Energy \_\_\_\_\_

*"He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous." Psalm 146:7-8*

#### Negates \_\_\_\_\_

*"Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains. Let them give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for he breaks down gates of bronze and cuts through bars of iron." Psalms 107:13-16*

#### Isolates us from \_\_\_\_\_

*"This is the message we have heard from him and declare to you: God is light; in him there is no darkness at all. If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin." 1 John 1:5 - 7*

#### Alienates us from \_\_\_\_\_

*"Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body" Ephesians 4:25*

#### Lengthens \_\_\_\_\_

*"When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. 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." Psalm 32:3-5*

### LEADERS FOCUS QUESTION

In what areas of your life are you now beginning to face the truth and break the effects of denial?

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**P** \_\_\_\_\_  
"Pride brings a person low, but the lowly in spirit gain honor," Proverbs 29:23

**O** \_\_\_\_\_  
"There is nothing concealed that will not be disclosed, or hidden that will not be made known. What you have said in the dark will be heard in the daylight, and what you have whispered in the ear in the inner rooms will be proclaimed from the roofs," Luke 12:3

**W** \_\_\_\_\_  
"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own," Matthew 6:34

**E** \_\_\_\_\_  
"But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. This is why it is said: 'Wake up, sleeper, rise from the dead, and Christ will shine on you.'" Ephesians 5:13–14

**R** \_\_\_\_\_  
"In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold," Ephesians 4:26–27

**L** \_\_\_\_\_  
"Keep on loving one another as brothers and sisters. Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering," Hebrews 13:2

**E** \_\_\_\_\_  
"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full," John 10:10

**S** \_\_\_\_\_  
"Whoever tries to keep their life will lose it, and whoever loses their life will preserve it," Luke 17:33

**S** \_\_\_\_\_  
"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord," Romans 8:39

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**Stop Doing Two Things**

Stop: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Stop: \_\_\_\_\_  
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\_\_\_\_\_

**Start Admitting Two Things**

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**LEADERS FOCUS QUESTION**

How has pride stopped you from asking for and getting help to overcome your hurts, hang-ups, and habits?

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## HOPE

### Principle 2:

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

"Blessed are those who mourn, for they shall be comforted." Matthew 5:4

### Step 2:

We came to believe that a power greater than ourselves could restore us to sanity.

"For it is God who works in you to will and to act **in order to fulfill His good purpose.**" Philippians 2:13

### H

"Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable his judgments, and his paths beyond tracing out! "Who has known the mind of the Lord? Or who has been his counselor?" "Who has ever given to God, that God should repay them?" For from him and through him and for him are all things. To him be the glory forever! Amen," Romans 11:33-36

### Openness to

"You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness." Ephesians 4:22-24

### Power to

"I can do all this through him who gives me strength." Philippians 4:13

### E \_\_\_\_\_ to change.

"In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a goodwork in you will carry it on to completion until the day of Christ Jesus." Philippians 1:4-6

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*"God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging."* Psalm 46:1-3

**A**

*"May the God who gives endurance and encouragement give you the same attitude of mind toward each other that Christ Jesus had, so that with one mind and one voice you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God."* Romans 15:5-7

**N**

*"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"* 2 Corinthians 5:17

**I**

*"I gave me great joy when some believers came and testified about your faithfulness to the truth, telling how you continue to work in it. I have no greater joy than to hear that my children are walking in the truth."* 3 John 3-4

**T**

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."* Proverbs 3:5-6

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*"While we were still sinners, Christ died for us."* Romans 5:8

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What do you keep repeating over and over again expecting a different result?  
What result are you looking for?

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## TURN

**Principle 3:**

Consciously choose to commit all my life and will to Christ's care and control.

*"Blessed are the meek, for they will inherit the earth."* Matthew 5:5

**Step 3:**

We made a decision to turn our lives and our wills over to the care of God.

*"Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your true and proper worship."* Romans 12:1

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*"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved."* Romans 10:9

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*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."* Romans 12:2

**N** \_\_\_\_\_

*"Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death."* Romans 8:1-2

**Turning your life over to Christ is a once-in-a-lifetime commitment!**

**Turning your will over to Christ requires a daily re-commitment!**

## LEADER'S FOCUS QUESTION

How has relying on my own understanding caused problems in my life?

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**C** \_\_\_\_\_ **to seek and follow HIS will!**

*"Teach me to do your will, for you are my God; may your good Spirit lead me on level ground."* Psalm 143:10

**T** \_\_\_\_\_ **it over.**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."* Matthew 11:28-29

**I** \_\_\_\_\_ **only the beginning.**

*"In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."* Philippians 1:4-6

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What ACTION do you need to take in your recovery and why?

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## SPONSOR

Accountability Partners and Sponsors

### Principle 4:

Openly examine and confess my hurts, hang ups, and habits to myself, to God, and to someone I trust.

*"Blessed are the pure in heart, for they will see God."* Matthew 5:8

### Step 4:

We made a searching and fearless honest inventory of ourselves.

*"Let us examine our ways and test them, and let us return to the Lord."* Lamentations 3:40

**Why do I \_\_\_\_\_ a Sponsor and/or an Accountability Partner?**

*"As iron sharpens iron, so one person sharpens another."* Proverbs 27:17

Having a Sponsor and/or Accountability Partner is \_\_\_\_\_.

Having a Sponsor and/or Accountability Partner is a \_\_\_\_\_

\_\_\_\_\_ of your recovery program.

Having a Sponsor and/or Accountability Partner is the best guard against \_\_\_\_\_.

What are the \_\_\_\_\_ of a Sponsor?

*"The purposes of a person's heart are deep waters, but one who has insight draws them out."* Proverbs 20:5

What is the \_\_\_\_\_ of a Sponsor?

How do I \_\_\_\_\_ a Sponsor and/or Accountability Partner?

What is the difference between a Sponsor and an \_\_\_\_\_ Partner?

### LEADER'S FOCUS QUESTION

What is keeping you from finding a SPONSOR or an Accountability Partner?  
Why is it important for you to have a support team?

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Why is it important for you to have a support team?

## The Difference Between a Sponsor and an Accountability Partner

SPONSOR
Coaches you through the Principles and Steps
Offers suggestions
Ideally, has at least one year continuous sobriety/ recovery and has worked through the Steps.
Same gender
Brings to light denial or procrastination.
ACCOUNTABILITY PARTNER
In recovery alongside you, much like a teammate.
Encourage one another daily.
Same gender.
Encourage each others' program
Help motivate each other
May or may not be at the same place (Steps, sobriety/ recovery time) in their recoveries
Wise to have at least three people on your team.

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**M** \_\_\_\_\_

*He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."* Psalm 46:10

**O** \_\_\_\_\_

*"Therefore I will not keep silent; I will speak out in the anguish of my spirit, I will complain in the bitterness of my soul."* Job 7:11

**R** \_\_\_\_\_

*"Love the Lord, all his faithful people! The Lord preserves those who are true to him, but the proud he pays back in full. Be strong and take heart, all you who hope in the Lord."* Psalm 31:23-24

**A** \_\_\_\_\_

*"The human spirit is the lamp of the Lord that sheds light on one's inmost being."* Proverbs 20:27

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We made a searching and fearless honest inventory of ourselves.

*"Let us examine our ways and test them, and let us return to the Lord."* Lamentations 3:40

**M** \_\_\_\_\_

*He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."* Psalm 46:10

**O** \_\_\_\_\_

*"Therefore I will not keep silent; I will speak out in the anguish of my spirit, I will complain in the bitterness of my soul."* Job 7:11

**R** \_\_\_\_\_

*"Love the Lord, all his faithful people! The Lord preserves those who are true to him, but the proud he pays back in full. Be strong and take heart, all you who hope in the Lord."* Psalm 31:23-24

**A** \_\_\_\_\_

*"The human spirit is the lamp of the Lord that sheds light on one's inmost being."* Proverbs 20:27

**L** \_\_\_\_\_

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#### LEADER'S FOCUS QUESTION

What are your fears about starting your inventory?  
What were the benefits of completing your personal inventory?

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# INVENTORY

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## SPIRITUAL INVENTORY (PART 1)

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### Relationship with

*"And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one."* Matthew 6:12–13

### Priorities in

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well."* Matthew 6:33

Your \_\_\_\_\_

*"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice."* Ephesians 4:31

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### LEADER'S FOCUS QUESTION

Does your walk match your talk? If so, how? If not, why not? Are my actions the same at recovery meetings, church, home and work?

What in your life is interfering with you doing God's will:  
Your ambition? Pleasure? Job? Money? Friendships? Personal goals?

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## SPIRITUAL INVENTORY (PART 2)

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### Step 4:

We made a searching and fearless honest inventory of ourselves.

*"Let us examine our ways and test them, and let us return to the Lord"* Lamentations 3:40

*"Search me, God, and know my heart: test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."* Psalm 139:23 – 24

Your \_\_\_\_\_.

*"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will."* Romans 12:2

Your \_\_\_\_\_.

*"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies." 1 Corinthians 6:19-20*

Your \_\_\_\_\_.

*"See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him." 1 John 3:1*

Your \_\_\_\_\_.

*"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."* Hebrews 10:24-25

### LEADER'S FOCUS QUESTION

How have you mistreated your mind, body, family, or the church?  
Did this prevent God from working effectively in your life? Why?

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### Step 5:

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*"Therefore confess our sins to each other and pray for each other so that you may be healed."* James 5:1

### C \_\_\_\_\_ your shortcomings, resentments and sins

*"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."* Proverbs 28:13

### O \_\_\_\_\_ God's directions

*"It is written 'As surely as I live,' says the Lord, every knee will bow before me; every tongue will acknowledge God." So then, each of us will give an account of ourselves to God."* Romans 14:11–12

### N \_\_\_\_\_ more guilt

*"For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus."* Romans 3:23–24

### F \_\_\_\_\_ the truth

*"Then you will know the truth, and the truth will set you free."* John 8:32

### E \_\_\_\_\_ the pain

*"When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer. 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." "*Psalm 32:3–5

### S \_\_\_\_\_ the blame

*"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye."* Matthew 7:3

### S \_\_\_\_\_ accepting God's forgiveness

*Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people's sins against them. And he has committed to us the message of reconciliation."* 2 Corinthians 5:17–19

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### Why admit my wrongs?

1. We lose our sense of \_\_\_\_\_.
2. We will begin to lose our unwillingness to \_\_\_\_\_.
3. We will lose our inflated, false \_\_\_\_\_.
4. We lose our sense of \_\_\_\_\_.

Three reasons or benefits for admitting all your wrongs and your sins to another are:

1. We gain the \_\_\_\_\_ that the Bible promises!
2. We gain \_\_\_\_\_!

*"Then they cried to the Lord in their trouble, and he saved them from their distress. He brought them out of darkness, the utter darkness, and broke away their chains."*  
Psalm 107:13

3. We gain \_\_\_\_\_!

*"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."*  
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### LEADER'S FOCUS QUESTION

What is your biggest fear of sharing your inventory with another person?  
What positive changes have happened in your life due to sharing your inventory?

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## READY

### Principle 5:

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

*"Blessed are those who hunger and thirst for righteousness, for they will be filled;"* Matthew 5:6

#### Step 6:

We were entirely ready to have God remove all these defects of character.

*"Humble yourselves before the Lord, and he will lift you up;"* James 4:10

**R** \_\_\_\_\_ **control.**

*"Teach me to do your will, for you are my God; may your good Spirit lead me on level ground;"* Psalm 143:10

**E** \_\_\_\_\_ **does it.**

*"The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him;"* Psalm 28:7

**A** \_\_\_\_\_ **the change.**

*"Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance;"* 1 Peter 1:13-14

**D** \_\_\_\_\_ **your character defect**

*"When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation;"* Matthew 12:43-45

**Y** \_\_\_\_\_ **to the growth.**

*"No one who is born of God will continue to sin, because God's seed remains in them; they cannot go on sinning, because they have been born of God;"* 1 John 3:9

LEADER'S FOCUS QUESTION  
What area of your life have you been able to turn over and surrender to Jesus Christ?  
What area are you still holding on to?

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### V \_\_\_\_\_ submit

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."* Romans 12:1–2

### I \_\_\_\_\_ character defects

*"In their hearts humans plan their course, but the Lord establishes their steps."* Proverbs 16:9

### C \_\_\_\_\_ your mind

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### O \_\_\_\_\_ day at a time

*"Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."* Matthew 6:34

### R \_\_\_\_\_ is a process

*"In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."* Philippians 1:4–6

### Y \_\_\_\_\_ must choose to change

*"But he gives us more grace. That is why Scripture says: 'God opposes the proud but shows favor to the humble.'" Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded!"* James 4:6–8

#### LEADER'S FOCUS QUESTION

What character defect are you going to ask God to remove?  
What will you stop doing and what will you start doing?

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What character defect are you going to ask God to remove?  
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## AMENDS

### Principle 6:

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when doing so would harm them or others.

*"Blessed are the merciful, for they will be shown mercy." Matthew 5:7*  
*"Blessed are the peacemakers, for they will be called children of God." Matthew 5:9*

### Step 8:

We made a list of all persons we had harmed and become willing to make amends to them all.

*"Do to others as you would have them do to you." Luke 6:31*

**A** \_\_\_\_\_ **the hurt and the harm**  
*"Do not judge, and you will not be judged. Do not condemn, and you will not be forgiven."*  
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**M** \_\_\_\_\_ **a list**  
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*"But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful." Luke 6:35-36*

**D** \_\_\_\_\_ **it at the right time**  
*"Wait for the Lord; be strong and take heart and wait for the Lord." Psalms 27:14*

**S** \_\_\_\_\_ **living the promises of recovery**  
*"If it is possible, as far as it depends on you, live at peace with everyone." Romans 12:18*

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### AMENDS LIST

I OWE AMENDS TO	I NEED TO FORGIVE

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## FORGIVENESS

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#### Step 9:

We made direct amends to such people whenever possible, except when to do so would injure them or others.

*"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift," Matthew 5:23–24*

#### Have you accepted \_\_\_\_\_ forgiveness?

*"This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, for all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus. God presented Christ as a sacrifice of atonement, through the shedding of his blood—to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he had left the sins committed beforehand unpunished—he did it to demonstrate his righteousness at the present time, so as to be just and the one who justifies those who have faith in Jesus," Romans 3:22–26*

#### Have you forgiven \_\_\_\_\_ who have hurt you?

*"Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everybody. If it is possible, as far as it depends on you, live at peace with everyone," Romans 12:17–18*

#### Have you forgiven \_\_\_\_\_ ?

*"Come now, let us settle the matter, says the Lord. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool," Isaiah 1:18*

## FORGIVENESS

### Principle 6:

Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when doing so would harm them or others.

*"Blessed are the merciful, for they will be shown mercy," Matthew 5:7*  
*"Blessed are the peacemakers, for they will be called children of God," Matthew 5:9*

#### Step 9:

We made direct amends to such people whenever possible, except when to do so would injure them or others.

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What hurts from a past relationship are you still hanging on to and how can you let go of them?

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#### G \_\_\_\_\_ gift

*"For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus." Romans 3:23-24*

#### R \_\_\_\_\_ by our faith

*"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast." Ephesians 2:8-9*

#### A \_\_\_\_\_ by God's love

*"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." Romans 5:8*

#### C \_\_\_\_\_ paid the price

*"In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace" Ephesians 1:7*

#### E \_\_\_\_\_ gift

*"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord." Romans 8:38-39*

### LEADER'S FOCUS QUESTION

In what ways have you experienced God's GRACE in your recovery?

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## CROSSROADS

### Principle 7:

Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

#### Step 10:

We continued to take personal inventory and when we were wrong, promptly admitted it.

*"So, if you think you are standing firm, be careful that you don't fall!" 1 Corinthians 10:12*

**T** \_\_\_\_\_ **time to do a personal inventory**

**1. The what:** "We continued to take personal inventory . . ."

*"Let us examine our ways and test them, and let us return to the Lord;" Lamentations 3:40*

**E** \_\_\_\_\_ **the good and the bad parts of our day**

**2. The why:** ". . . and when we were wrong . . ."

*"If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us." 1 John 1:8–10*

**N** \_\_\_\_\_ **to admit our wrongs promptly**

**3. The then what:** ". . . and promptly admitted it."

*"Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift." Matthew 5:23–24*

### LEADER'S FOCUS QUESTION

What amends did/are you putting off that would be better done promptly?  
What time of the day are you scheduling for your quiet time with God?

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## DAILY INVENTORY

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Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

### Step 10:

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### Three ways to do a Step 10 Inventory

1. **O** \_\_\_\_\_
2. **D** \_\_\_\_\_
3. **P** \_\_\_\_\_

*"The wise in heart are called discerning, and gracious words promote instruction. Prudence is a fountain of life to the prudent, but folly brings punishment to fools. The hearts of the wise make their mouths prudent, and their lips promote instruction." Proverbs 16:21-23*

*"Anxiety weighs down the heart, but a kind word cheers it up." Proverbs 12:25*

### Step 10 Daily Action Plan

1. Continue to take a daily inventory in your journal.
2. Summarize the events of your day in your journal.
3. Read and memorize one of the Step 10 verses.
4. Work all the Steps and Principles to the best of your ability.

### LEADERS FOCUS QUESTION

How can doing a DAILY INVENTORY help you to "be careful that you don't fall"?

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## RELAPSE

### Principle 7:

Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

#### Step 11:

We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

"Let the message of Christ dwell among you richly." Colossians 3:16

#### Reserve a daily \_\_\_\_\_

"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak." Mark 14:38

#### E \_\_\_\_\_

"I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay." Psalm 16:7-10

#### Listen to \_\_\_\_\_

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake." Psalm 23:1-3

#### A \_\_\_\_\_ and quite time

"He says, "Be still, and know that I am God; I will be exalted among the nations. I will be exalted in the earth." Psalm 46:10

#### Plug into God's power through \_\_\_\_\_

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

#### Slow down long enough to \_\_\_\_\_

"I wait for the Lord, my whole being waits and in his word I put my hope." Psalms 130:5

#### Enjoy your \_\_\_\_\_

"Rejoice in the Lord always. I will say it again: Rejoice!" Philippians 4:4

### LEADERS' FOCUS QUESTION

What are some of the tools you have developed in your recovery to prevent RELAPSE?

## RELAPSE

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*"Let the message of Christ dwell among you richly,"* Colossians 3:16

#### Be thankful to \_\_\_\_\_

*"Give thanks to the Lord, for he is good; his love endures forever,"* Psalm 107:1

#### Be thankful for \_\_\_\_\_

*"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts,"* Colossians 3:15–16

#### Be thankful for \_\_\_\_\_

*"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart,"* Hebrews 12:1–3

#### Be thankful for \_\_\_\_\_

*"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations,"* Psalm 100:4–5

Remember maintaining an "attitude of gratitude" during the holidays is the best prevention against relapse.

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### LEADERS FOCUS QUESTION

Why do you think it is important for you to maintain an "attitude of GRATITUDE" in your recovery?

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GRATITUDE LIST

I'm thankful to God:

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I'm thankful for God placing others in my life:

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I'm thankful for my recovery program:

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I'm thankful for my church:

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GRATITUDE LIST

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## GIVE

## Principle 8:

Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

*"Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven."* Matthew 5:10

## Step 12:

Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

*"Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted."* Galatians 6:1

**G** \_\_\_\_\_ **first**

*"He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things?"* Romans 8:32

**I** \_\_\_\_\_ **we**

*"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."* Ecclesiastes 4:9–12

**V** \_\_\_\_\_ **shared**

*"Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God."* 2 Corinthians 1:3–4

**E** \_\_\_\_\_ **of your actions**

*"Dear children, let us not love with words or speech but with actions and in truth."* 1 John 3:18

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**Y** \_\_\_\_\_ **myself to God**

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**E** \_\_\_\_\_ **is what is important**

*"Let us not love with words or tongue but with actions and in truth."* 1 John 3:18

**S** \_\_\_\_\_ **others as Jesus Christ did**

*"Now that I, your Lord and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you."* John 13:14-15

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## LEADERS FOCUS QUESTION

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## SEVEN REASONS WE GET STUCK

**1. You have not completely worked the previous principle.**  
 "Since we live by the Spirit, let us keep in step with the Spirit." Galatians 5:25

**2. You have not completely surrendered your life and your will to the Lord.**  
 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6

**3. You have not accepted Jesus' work on the cross for your forgiveness.**  
 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

"For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace" Ephesians 1:4-7

Have you forgiven yourself? Remember

"Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death." Romans 8:1-2

**4. You have not forgiven others who have harmed you.**  
 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:32

**5. You are afraid of the risk in making the necessary change.**  
 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Isaiah 41:10

So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?" Hebrews 13:6

**6. You are not willing to "own" your responsibility.**  
 "Search me, God, and know my heart; test me and know my anxious thoughts." Psalm 139:23

**7. You have not developed an effective support team.**  
 "Walk with the wise and become wise; for a companion of fools suffers harm." Proverbs 13:20

"Carry each other's burdens, and in this way you will fulfill the law of Christ." Galatians 6:2

### LEADER'S FOCUS QUESTION

Which of the seven reasons we talked about tonight have you gotten stuck in? How did you get unstuck?

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## SEVEN REASONS WE GET STUCK

**1. You have not completely worked the previous principle.**  
 "Since we live by the Spirit, let us keep in step with the Spirit." Galatians 5:25

**2. You have not completely surrendered your life and your will to the Lord.**  
 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight." Proverbs 3:5-6

**3. You have not accepted Jesus' work on the cross for your forgiveness.**  
 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." 1 John 1:9

"For he chose us in him before the creation of the world to be holy and blameless in his sight. In love he predestined us for adoption to sonship through Jesus Christ, in accordance with his pleasure and will—to the praise of his glorious grace, which he has freely given us in the One he loves. In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace" Ephesians 1:4-7

Have you forgiven yourself? Remember

"Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death." Romans 8:1-2

**4. You have not forgiven others who have harmed you.**  
 "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians 4:32

**5. You are afraid of the risk in making the necessary change.**  
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