

# The Twelve Steps .....a spiritual journey of recovery

## STEP ONE: Recognizing Our Brokenness

**We admitted we were powerless over the effects of our separation from God – that our lives had become unmanageable.**

*"I don't understand myself at all, for I really want to do what is right, but I can't! I do what I don't want to—what I hate! I know perfectly well what I'm doing is wrong but I can't help myself! It is sin inside me that is stronger than I am that makes me do these evil things." Romans 7:15-17*

### Where does our need for control come from?

- We've been hurt by others.  
Who is on your list of pain?
- We've inflicted pain on ourselves.  
What regrets do you have of your own choices or behavior?
- We're insecure about the future.  
What does your heart say about "tomorrow"?

***"Pain demands being attended to. God whispers to us in pleasure, talks to us in our conscience, and screams at us in our pain."* CS Lewis**

### What can we do to release the need for control?

#### A. Understanding Our Powerlessness

***"When you go through deep waters and great troubles, I will be with you; you won't drown. When you walk through the fires of oppression, you won't be burned up." Isaiah 43:2-3***

#### B. Take Four Steps of Courage

1. Stop denying the pain.
2. Stop pretending you can handle your own recovery.
3. Start realizing your longing for a fresh start.
4. Start admitting your need for help.

***"Take the first step in faith. You don't have to see the whole staircase, just take the first step"* -Martin Luther King Jr.**

<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>			
Genesis 16:1-15	Mark 10:13-16	Judges 16:1-31	Acts 9:1-9
Kings 5:1-15	2 Corinthians 4:7-10		Job 6:2-13

