

The Twelve Stepsa spiritual journey of recovery

STEP TWO: Introducing Hope & Faith

How did step one change things for you?

Review:

Step One - is about recognizing our brokenness. We admitted we were powerless over the effects of our separation from God - that our lives had become unmanageable.

Where have you been trying to find hope?

STEP TWO : 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 according to His good purpose.” Philippians 2:13

When we take step two, it is the genesis of faith.

What does it mean to have Faith?

Has trust been broken in your past? What do you think God's thoughts are about that?

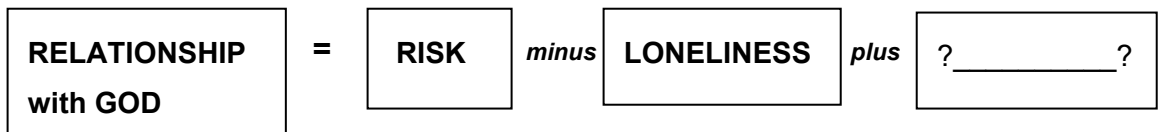
- Trust
 - Resist distorted thinking. I.e. If your dad broke a promise, it doesn't mean God does that too.

How does your experience with key people in your life impact your sense of what it might be like to be in relationship with God?

- Belief
 - Step one prepares you for this step. Admitting dependency on things that didn't work opens you to faith in God – to do a new thing in your life!
 - Don't be surprised if faith is very tiny at first. It's just been planted.
 - “I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, ‘Move from here to there,’ and it would move. Nothing would be impossible.^[a]” Matthew 17:20

What are some of your perceptions about who God is and how He works?

- Acceptance
 - God WANTS us to be in a restored relationship with Him. Do you believe it?



EXAMINE THE FACTS:

1. Do you FEAR that He is a harsh God?

He is a loving God *Psalm 56:8* **“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.”**

2. Do you DOUBT that He really cares or will take the time to help you?

He promises he will never leave us and will be there for us. *Isaiah 43:2* **“When you go through deep waters and great trouble I will be with you. When you go through rivers of difficulty you will not drown”**

3. Do you feel LONELY in this vast universe?

Recognize that you have value because God made you, loves you, and promises never to leave you.

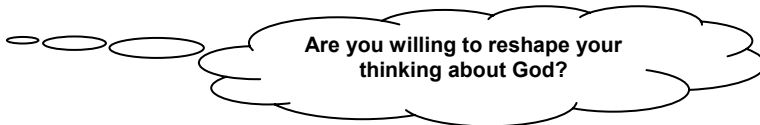
- *Isaiah 41:10* **“Don’t be afraid, for I am with you. Do not be dismayed for I am your God. I will strengthen you. I will help you. I will uphold you with my victorious right hand.”**
- *Romans 12:5* **“And since we are all one body in Christ, we belong to each other, and each of us needs all the others.”**

4. Do you feel VULNERABLE – that God might use you or ask you to do something completely absurd?

Remember that self-reliance did not heal you. In fact it made you worse. Leaning on God is not a sign of weakness, but rather a sign of courage and faith.

- *Psalm 60:11 & 12* **“Please help us against our enemies for all human help is useless. With God’s help, we will do mighty things.”**
- *Luke 18:27* **“What is impossible for men is possible with God”**

CONSIDER...



The fact that many people do not place their hope in God does not mean you or I have to live without it.

“For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart”. *Jeremiah 29:11*

<i>Life Recovery Bible.....more scripture and helpful reflections on this Step</i>			
Job 14:1-6	Luke 8:43-48	Daniel 4:19-33	Luke 15:11-24
Mark 5:1-13	Romans 1:18-20	Hebrews 11:1-10	