

The Twelve Stepsa spiritual journey of recovery

STEP FIVE: Acknowledging Our Weaknesses

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.

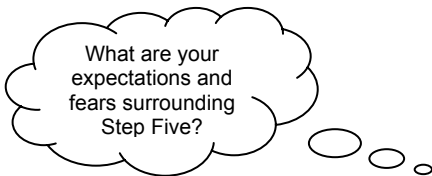
Step Two – is about the birth of faith in us. We came to believe that a power greater than ourselves could restore us to sanity.

Step Three - involves a decision to let God be in charge of our lives. Make a decision to turn our will and our lives over to the care of God as we understood Him.

Step Four - involves a self-examination. We made a searching and fearless moral inventory of ourselves.

STEP 5: We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

James 5:16 *“Therefore confess your sins to each other and pray for each other so that you may be healed.”*



How does this step of recovery impact my life?

Read the **Prodigal Son** Scriptures in Luke 15:11-24

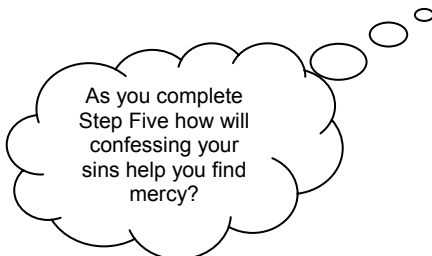
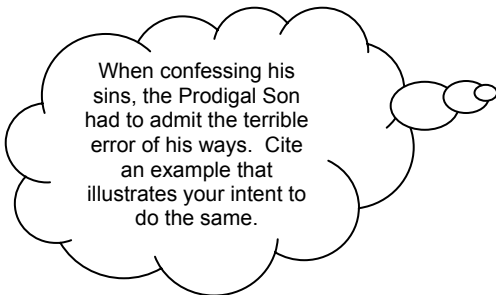
Notice the elements in the Rembrandt Painting of the father and son.

God forgives 3 ways:

- Instantly ... Freely ... Completely ...

Helpful Scripture:

- *Psalm. 32:1–2 (TLB) "What happiness for those whose guilt has been forgiven! What relief for those who have confessed their sins and God has cleared their record."*
- *Isaiah. 1:19 (TLB) "No matter how deep the stain of your sins, I can take it out and make you clean as freshly fallen snow."*
- *1 John 1:9 (Phillips) "If we freely admit that we have sinned, we find God utterly reliable...he forgives our sins and makes us thoroughly clean from all that is evil."*

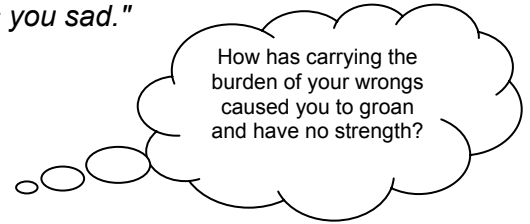


- *Romans 3:23–24 (TLB) "All of us have sinned ... yet God declares us not guilty if we trust in Jesus Christ, who freely takes away our sins."*
- *Psalms 139:23–24 (TLB) "Search me, O God, and know my heart, test my thoughts. Point out anything you find in me that makes you sad."*

The Three Big Boulders to Leave Behind:

Resentment ... Guilt... Shame...

Received god’s acceptance, understanding and freedom from my past



Going through with it – How to do it:

Choosing your confidant:

- A Christian, same gender or professional (priest, counsellor).
- Someone you trust will keep confidentiality.
- Someone familiar with the process.



The actual session

- 2 to 3 hour block of time where you will NOT be interrupted.
- Confidential area, no one can hear / see, where you feel SAFE.
- Confess line by line – take responsibility each one.
- Confidant keeps you moving (no justifications / explanations).
- Ask for God’s forgiveness for all of them at the end.
- Read scriptures out loud with confidant so you accept God’s forgiveness.

***"No matter how deep
the stain of your sin,
I can take it out and
make it clean as
freshly fallen snow."***

Isaiah 1:18

<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>	
Genesis 3:6-13	Nehemiah 8:7-10
Nehemiah 9:1-3	Corinthians 7:8-11
Revelation 20:11-15	Genesis 38:1-30
John 8: 3-11	Acts 26:12-18
Romans 2:14-15	