

The Twelve Stepsa spiritual journey of recovery

STEP SIX Preparing for an Inner Transformation

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 Five – is the discipline of confession. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Step Six: 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

What are our barriers??

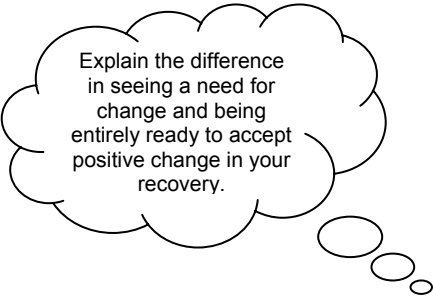
- Recovery is hard work! Spiritual Work!
- Fear – it’s like giving up our “security blanket” – we rely on these old character traits.
- Danger!!! Anxiety!!! Risk of losing control of ourselves and others!

Rebuttal

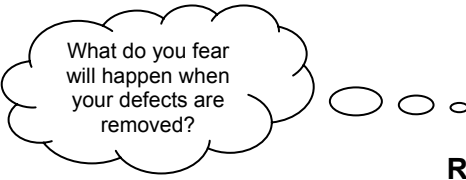
- We don’t have to do the work – GOD WILL!
- God won’t strip us of all our character – there is good stuff in us, it’s not all bad!! He won’t remove anything we need.
- Faith is a powerful force – let God take control.

HUMBLE IS.....

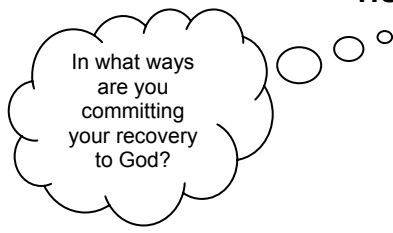
- Being “teachable”.
- Acknowledging God’s power and that we are, by comparison, powerless.
- Marked by meekness or modesty.
- Not to think less of myself, but to think of myself less.



Explain the difference in seeing a need for change and being entirely ready to accept positive change in your recovery.



What do you fear will happen when your defects are removed?



In what ways are you committing your recovery to God?

HUMBLE IS NOT:

- Arrogant, bold, high and mighty, not sorry, proud, unremorseful

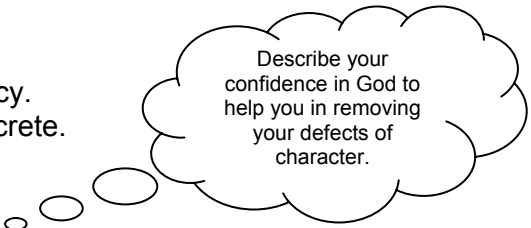


Transformation Involves Giving up an old Way of Thinking and Behaving

Romans 12:2 "Be transformed by the renewing of your mind."

This step is about WAITING!!

- Waiting doesn't mean nothing's happening!
 - Waiting involves contemplation. This is not complacency.
 - Resist the urge to forge ahead to something more concrete.
 - Resist the urge to TAKE ACTION!
 - Resist the urge to change everything at once.
- "Waiting is Not for Lazy People"

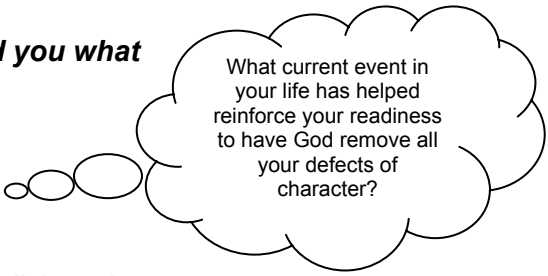


"Don't be impatient for the Lord to act. Travel steadily along his path. He will honor you, giving you the land. You will see the wicked destroyed." – Psalm 37:34

What Does God Want Me To Do? This is the action part....

Micah 6: 8 "No, O people, the Lord has already told you what is good, and this is what he requires:

- **to do what is right**
- **to love mercy, and**
- **to walk humbly with your God. "**



SUMMARY:

- Humble does not mean to grovel – it simply involves realizing who has the power to transform our lives.
- God will do this work for us – all he requires is that we govern ourselves and our actions in a just way, that we extend mercy not only to others but to ourselves, and that we spend time with Him.
- Remember ...
JEREMIAH 29:11-13 "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".

<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>		
Genesis 23:1-4	Psalm 51:16-19	Isaiah 55:1-9
Jonah 4:4-8	John 5:10-15	Romans 6:5-11
	Philippians 3:12-14	