

The Twelve Stepsa spiritual journey of recovery

Step 7 Character Change

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.

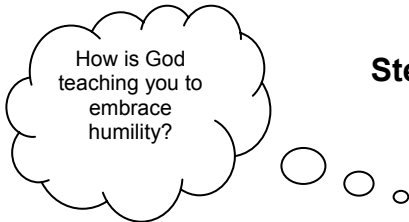
Step Two – is about the birth of faith in us. We came to believe that a power greater than ourselves could restore us to sanity.

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 – Prepares us for an inner transformation. We were entirely ready to have God remove all these defects of character.

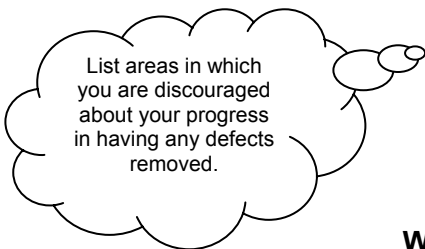


Step Seven: We humbly asked Him to remove our shortcomings.

1JOHN 1:9 *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*

WHERE DO MY CHARACTER DEFECTS COME FROM?

- **MY CHROMOSOMES**
Genetics explain predisposition but don't excuse sin!
- **MY CIRCUMSTANCES**
Character defects are often attempts to fill unmet needs.
- **MY CHOICES**
Character defects are often positive qualities being misused.



WHY IS IT SO HARD TO CHANGE THEM?

- Because I've had them so long.
- Because I identify with them.
- Because they have a payoff.
- Because Satan discourages me.

HOW DO I COOPERATE WITH GOD'S CHANGE PROCESS?

Romans 12:1-2 (GNB) "Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him...and let God transform you inwardly by a complete change of your mind."

Cite examples that indicate that you are focusing more on God and less on yourself.

FOCUS ON:

- God's power, not my will power.

Phil. 4:13 (JB) "I can master anything with the help of Christ who gives me strength."

Which are you negative character traits are becoming positive? Explain how this change is making an impact on your life.

- Changing one defect at a time.

Prov. 17:24 "An intelligent person aims at wise action, but a fool starts off in many directions."

- Victory one day at a time.

Matt. 6:34 "Don't worry about tomorrow, each day has enough troubles of its own."

- What I want, not what I don't want.

Phil. 4:8 (TLB) "Fix your thought on what is true and good and right. Think about things that are pure ... Think about all you can praise God for and be glad about..."

What affirmations do you use as a part of your ongoing commitment to recovery?

- Doing good, not feeling good.

Gal. 5:16 (JB) "If you are guided by the Spirit you will be in no danger of yielding to self-indulgence."

- People who help me, not hinder me.

Prov. 27:1 (NCV) "As iron sharpens iron, so people can improve each other."

List examples of your behaviour that indicate you have the courage to change the things you can.

- Progress, not perfection.

Phil. 1:6 "God who began the good work within you will keep right on helping you grow in his grace until his task with you is finally finished."

<i>Life Recovery Bible.....scripture and helpful reflections on this Step</i>		
<i>Isaiah 57:12-19</i>	<i>Jeremiah 18:1-6</i>	<i>Luke 11:5-13</i>
<i>Luke 18:10-14</i>	<i>Romans 3:23-28</i>	<i>Philippians 2:5-9</i>
	<i>I John 5:11-15</i>	