



Part 1: The First Big Step
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***What good is it for a man to gain the whole world,
yet forfeit his soul? - Mark 8:36***

STEP 1: I admitted I was powerless over the effects of my separation from God—that my life had become unmanageable.

I know that nothing good lives in me, that is, my sinful nature. For I the desire to do what is good, but I cannot carry it out. – *Romans 7:18*

STEP 2: I have come to believe that a power greater than myself could restore me to sanity.

For it is God who works in you to will and to act according to His good purpose. – *Philippians 2:13*

STEP 3: I made a decision to turn my will and my life over to the care of God as I understood Him.

I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God, which is your spiritual act of worship.
– *Romans 12:1*

STEP 4: I made a searching and fearless moral inventory of myself.

Let us examine our ways and test them and let us return to the Lord.
– *Lamentations 3:40*

STEP 5: I admitted to God, myself, and to another human being the exact nature of my wrongs.

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

STEP 6: I was 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*

STEP 7: I humbly asked God to remove my shortcomings.

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

STEP 8: I made a list of all persons that I had harmed and became willing to make amends to them all.

Do to others as you would have them do to you. – *Luke 6:31*

(Continues on back)

STEP 9: I made direct amends to such people wherever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. – *Matthew 5:23-24*

STEP 10: I continue to take my personal inventory and when I am wrong, promptly admit it.

So, if you think you are standing firm, be careful that you don't fall.
– *1 Corinthians 10:12*

STEP 11: I sought through prayer and meditation to improve my conscious contact with God as I understood Him, praying only for knowledge of his will for me and the power to carry that out.

Let the word of Christ dwell in you richly. – *Colossians 3:16*

STEP 12: Having had a spiritual awakening as the result of these steps, I try to carry this message to others, and to practice these principles in all of my affairs.

Brothers, if someone is caught in a sin, you who are spiritual should resort to him gently, but watch yourself, or you also may be tempted.
– *Galatians 6:1*

Lessons From My Personal Journey

- Only Jesus should sign my report card
- The enemy's most subtle lie is: "You are fine, and wholeness is not possible."
- It's ok to say that you're not ok.
- You never know the true weight of your life's burdens until they are gone.

Next Steps

Enroll in the 12 Step Spiritual Journey that starts this Sunday night.

Small Group Discussion Questions



- 1) What's the greatest adventure you have ever been on in your life?
- 2) Read Proverbs 14:12. What truth is this verse trying to tell us?
- 3) Have you ever taken a 12 Step journey? What has kept you from embarking on this great adventure?
- 4) The Bible is full of principles that show us that God really does want us to live in wholeness. What does a "whole" life look like to you?
- 5) Let's have a 12 Step moment. In what ways has your life become unmanageable? Do you really believe that you have to tell God you are powerless before He can do the hard work of changing your life? Why?
- 6) How can we pray for you tonight?