



## THE 12 STEPS – A CLASSIC MODEL FOR SPIRITUAL GROWTH

The 12-Step process is an experience of being changed by a loving, supportive God who knows what we need and helps us through our pain to see and give up our own selfish agendas and surrender to His. The 12-Steps offer a structure of discipline to become holy and whole. Our task is to remove the self-imposed blocks or character defects that stand between God and us. We do this so we can be awakened, meet God personally with our own true selves, and do his will. The 12-Steps are like scaffolding that allows the “spiritual house” of our personal life to be built. This study of the 12-Steps will be an amazing spiritual adventure. Act like a man!

### The 12 Steps – Step 4

Made a Searching and Fearless Moral Inventory of Ourselves

March 15, 2018

Highland Colony Men's Roundtable

[www.MensTable.com](http://www.MensTable.com)

**Bible Verses:** Isaiah 58:12, Romans 12:1,2, Mark 12:28-34, Matthew 4:18-22

**Music:** If We're Honest - Francesca Battistelli  
[www.youtube.com/watch?v=YzkBkCihIT8](http://www.youtube.com/watch?v=YzkBkCihIT8)

**Video:** Alabama Rehab -  
[www.youtube.com/watch?v=MeE9\\_WLOFvI](http://www.youtube.com/watch?v=MeE9_WLOFvI)

**Resources: Book:** *A Hunger for Healing—The Twelve Steps as a Classic Model for Christian Spiritual Growth* by J. Keith Miller

**Book:** *The Life Recovery Journey—Inspiring Stories and Biblical Wisdom as You Work the Twelve Steps and Let Them Work You* by Stephen Arterburn & David Stoop

**Book:** *The Twelve Steps—A Spiritual Journey—A Working Guide for Healing Damaged Emotions* by RPI Publishing

### The Twelve Steps & Spiritual Disciplines

Goal:	Discipline:
1. Peace with God	1. Submission (Rom 7:17)
2. Peace with God	2. Conversion (Phil 2:13)
3. Peace with God	3. Conversion (Rom 12:1)
4. Peace with Ourselves	4. Confession (Lam 3:20)
5. Peace with Ourselves	5. Confession (James 5:16)
6. Peace with Ourselves	6. Repentance (James 4:10)
7. Peace with Ourselves	7. Repentance (I John 1:9)
8. Peace with Others	8. Amends (Luke 6:31)
9. Peace with Others	9. Amends (Matt 5:23,24)
10. Peace with Others	10. Maintenance (I Cor 10:12)
11. Keeping the Peace	11. Prayer (Col 3:16)
12. Keeping the Peace	12. Ministry (Gal 6:1)

### The 12 Steps: Preparing for Step 4 - Made a Searching and Fearless Moral Inventory of Ourselves

#### Guideline 1 - Understand the Purposes of Step Four

- To acquire deeper \_\_\_\_\_ that can lead (by continuing in the Twelve Steps) to self-acceptance and even \_\_\_\_\_. **Matthew 22:36-40**
- To face the \_\_\_\_\_ about our behavior.
- To identify our \_\_\_\_\_ so that we are prepared to surrender them and ask God to act in our behalf to make lasting changes in us.

Three basic instincts or drives that can consume and control us:

- \_\_\_\_\_ (Social)
- \_\_\_\_\_ (Security)
- \_\_\_\_\_ (Status)

**Guideline 2** - Expect to \_\_\_\_\_ to Do Step Four – The Fun in DysFUNCTION!

**Guideline 3** - Feel Your Feelings as You Go – \_\_\_\_\_

**Guideline 4** - Get the \_\_\_\_\_ of a Sponsor – A Mentor, A Coach, A Guide, A Paul, A Whatever!

**Guideline 5** - Attend Meetings Regularly – \_\_\_\_\_!

**Guideline 6** - Banish the Myth That You Should Have Been \_\_\_\_\_!

STOP \_\_\_\_\_ ALL OVER Yourself!

**Guideline 7** - Resist the Urge to Focus on What Others Have Done to You – Stay out of the \_\_\_\_\_!

**Guideline 8** - \_\_\_\_\_ Your Inventory on Paper – Be Specific and Thorough!

**Guideline 9** - Don't Rush; Step Four Takes Time – This is \_\_\_\_\_!

### THE BIGGER PICTURE

One of the most consistent marks of major revivals has been an increased willingness amongst believers to confess their sin to one another - this has proven to be true throughout church history.

**“We often have a tinted view of revival as a time of glory and joy and swelling numbers queuing to enter the churches. That is only part of the story. Before the glory and joy, there is conviction; and that begins with the people of God. There are tears of godly sorrow. There are wrongs to put right, secret things...to be thrown out, and bad relationships, hidden for years, to be repaired openly. If we are not prepared for this, we had better not pray for revival.”** Brian Edwards

*“Do a thorough job of repenting. Do not hurry to get it over with. Hasty repentance means shallow spiritual experience and lack of certainty in the whole life. Let godly sorrow do her healing work. It is our wretched habit of tolerating sin that keeps us in our half-dead condition. Make restitution wherever possible. If you owe a debt, pay it, or at least have a frank understanding with your creditor about your intention to pay, so your honesty will be above question. If you have quarreled with anyone, go as far as you can in an effort to achieve reconciliation. As fully as possible, make the crooked things straight.”* A.W. Tozer

*“...nothing else than a new beginning of obedience to God. Just as in the case of a converted sinner, the first step is a deep repentance, a breaking down of heart, a getting down into the dust with God, with deep humility, and a forsaking of sin.”* Charles Finney

*“When Holy God draws near in true revival, people come under terrible conviction of sin. The outstanding feature of spiritual awakening has been the profound consciousness of the Presence and holiness of God.”* Henry Blackaby

**ACTION: Journal This!**

- 1. What holds you back from writing out a Fearless and Searching Moral Inventory?
- 2. If you were to take this Step who would you ask to walk through it with you?
- 3. Great Bible teachers and deep thinkers have said that the 12 Steps are the best approach for Christian spiritual formation available to us in this generation – what’s your view of the 12 Steps? Is it just for alcoholics, drug addicts, sex addicts, etc., or could it be for “good” church people too and not just “those people”?

Bible Verses – New Living Translation	
<b>1 John 1:8-9</b> If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. <b>James 5:16</b> Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with.	<b>Proverbs 28:13</b> He who conceals his transgressions will not prosper, But he who confesses and forsakes them will find compassion. <b>Acts 3:19-20</b> Now change your mind and attitude to God and turn to him so he can cleanse away your sins and send you wonderful times of refreshment from the presence of the Lord and send Jesus your Messiah back to you again.

"If We Are Honest"	
Truth is harder than a lie The dark seems safer than the light And everyone has a heart that loves to hide I'm a mess and so are you We've built walls nobody can get through Yeah, it may be hard, but the best thing we could ever do, ever do  Bring your brokenness, and I'll bring mine 'Cause love can heal what hurt divides And mercy's waiting on the other side If we're honest If we're honest  Don't pretend to be something that you're not Living life afraid of getting caught There is freedom found when we lay our secrets down at the cross, at the cross	So bring your brokenness, and I'll bring mine 'Cause love can heal what hurt divides And mercy's waiting on the other side If we're honest If we're honest  It would change our lives It would set us free It's what we need to be  So bring your brokenness, and I'll bring mine 'Cause love can heal what hurt divides And mercy's waiting on the other side If we're honest If we're honest If we're honest



# The 12 Steps

**Step 4: Made a Fearless and Searching Moral Inventory. Step 4 is learning to live a confessional life.**

**Tell Your Story - WHOLEheartedly!**

**1 John 1:8-9; James 5:16; Proverbs 28:13; Acts 3:19-20**

# THE 12 STEPS: A CLASSIC MODEL FOR SPIRITUAL GROWTH



The 12 Step process is an experience of being changed by a loving, supportive God who knows what we need and helps us through our pain to see and give up our own selfish agendas and surrender to His. The 12-Steps offer a structure of discipline to become holy and whole. Our task is to remove the self-imposed blocks or character defects that stand between God and us. We do this so we can be awakened, meet God personally with our own true selves, and do his will. The 12-Steps are like scaffolding that allows the “spiritual house” of our personal life to be built. This study of the 12-Steps will be an amazing spiritual adventure. Act like a man!

# The 12 Steps: Goals & Spiritual Disciplines



## Goal:

1. Peace with God.
2. Peace with God.
3. Peace with God.
4. Peace with Ourselves.
5. Peace with Ourselves.
6. Peace with Ourselves.
7. Peace with Ourselves.
8. Peace with Others.
9. Peace with Others.
10. Peace with Others.
11. Keeping the Peace.
12. Keeping the Peace.

## Discipline:

1. Submission (Rom. 7:17).
2. Conversion (Phil. 2:13).
3. Conversion (Rom. 12:1).
4. Confession (Lam. 3:40).
5. Confession (James 5:16).
6. Repentance (James 4:10).
7. Repentance (I John 1:9).
8. Amends (Luke 6:31).
9. Amends (Matt. 5:23-24).
10. Maintenance (I Cor. 10:12).
11. Prayer (Col. 3:16).
12. Ministry (Gal. 6:1).

# The 12 Steps: Preparing for Step 4 – A Searching & Fearless Moral Inventory



## ➤ Guideline 1 - Understand the Purposes of Step Four

1. To acquire deeper self-knowledge that can lead (by continuing in the 12 Steps) to self-acceptance and even self-love. ***Matthew 22:36-40***
2. To face the truth about our behavior.
3. To identify our behavior patterns so that we are prepared to surrender them and ask God to act in our behalf to make lasting changes in us.

Three basic instincts or drives that can consume and control us:

1. Sex (Social)
2. Money (Security)
3. Power (Status)

# The 12 Steps: Preparing for Step 4 – A Searching & Fearless Moral Inventory



- Guideline 2 - Expect to Rely on God to Do Step Four – The Fun in DysFUNction!
- Guideline 3 - Feel Your Feelings as You Go – Just Be Aware
- Guideline 4 - Get the Support of a Sponsor – A Mentor, A Coach, A Guide, A Paul, A Whatever!
- Guideline 5 - Attend Meetings Regularly – Stay Connected!

# The 12 Steps: Preparing for Step 4 – A Searching & Fearless Moral Inventory



- Guideline 6 - Banish the Myth That You Should Have Been Perfect – Stop Shoulding ALL OVER Yourself!
- Guideline 7 - Resist the Urge to Focus on What Others Have Done to You – Stay out of the VICTIMHOOD!
- Guideline 8 - Write Your Inventory on Paper – Be Specific & Thorough!
- Guideline 9 - Don't Rush; Step Four Takes Time – This is Life and Death!



# THE BIGGER PICTURE – Starts in Our Hearts!



One of the most consistent marks of major revivals has been an increased willingness amongst believers to confess their sin to one another - this has proven to be true throughout church history.

*“We often have a tinted view of revival as a time of glory and joy and swelling numbers queuing to enter the churches. That is only part of the story. Before the glory and joy, there is conviction; and that begins with the people of God. There are tears of godly sorrow. There are wrongs to put right, secret things to be thrown out, and bad relationships, hidden for years, to be repaired openly. If we are not prepared for this, we had better not pray for revival.”* Brian Edwards

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# ACTION: Journal This!



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