



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!

A Man knows he must be deliberate and intentional in taking a moral inventory of his life.

The 12 Steps – Step 4
Moral Inventory!

March 29, 2018

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Isaiah 58:12, Lamentations 3:40, Joel 2:3

Music: Kenny Chesney - That's Why I'm Here
<https://www.youtube.com/watch?v=jqo0aVgKHRo>

Video: Step 4: Truth - Austin's Story about Addiction Recovery
<https://www.youtube.com/watch?v=3FcZyje9n74>

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: Step 4 > Overview of Step 4.

1. _____ > Step 4 works best with the help of a Sponsor. It's difficult to not be absorbed by what others have done to you. However, if you search fearlessly, you will be able to think of specific things you have done to hurt others.
2. _____ > Step 4 is difficult. We are often blinded to certain things about ourselves and what we do or have done. As we are willing to really look at our lives, awareness grows and gradually more and more of us becomes known to us and others.
3. _____ > Guidelines to prepare for Step 4:
 1. Understand the purpose of Step 4.
 2. Expect to Rely on a Higher Power to do Step 4.
 3. Feel your feelings as you go.
 4. Get the support of a Sponsor.
 5. Attend meetings regularly.
 6. Banish the myth that you should have been perfect.
 7. Resist the urge to focus on what others have done to you.
 8. Write your inventory on paper.
 9. Don't rush; Step 4 takes time.

The 12 Steps: Step 4 > Take an Inventory!

1. _____ = the result of a collision between your actions, fed by your pride, and either the actions of other people or your own grandiosity. Resentment cause violence in violent people and illness in nonviolent people. Step 4 relieves one of having to be violent or have crippling feelings later. Journal this:
 1. I am resentful at – identify the person or object of my resentment ...
 2. The cause of my resentment ...
 3. The effect of resentment in my life ...
 4. What I did earlier to cause this behavior ...
2. _____ > list all the fears from your whole life. Why were you afraid? Journal this:
 1. I am fearful of ...
 2. The cause of my fear ...
 3. The effect of fear on my life ...

3. Trouble Areas > Be specific about your behavior and attitudes. Avoid "general confession."

1. _____ > include the nature of the relationships you had encountered with members of the opposite sex, including but not limited to explicit sexual experiences. What sexual incidents have hurt you or other people. Look at behavior and attitudes.
2. _____ > What character defects drove you to exaggerate your financial needs so that you absorbed and obsessed with making money? What character traits have contributed to your financial insecurity and how they affected you.
3. _____ > Emotional security can lead one either to be overdependent and controlled by some stronger person or to start controlling other people in order to feel secure. Emotional insecurities lead us to often fear, worry, depression, anger, and self-pity.
4. _____ > Instead of simply wanting to be a regular member of a group, we want to be president of the committee. Or we want to be the smartest, best-looking, holiest, so that we can be considered on to the "special ones."
5. _____ > What have you realized about your behaviors and attitudes that have damaged your life?

ACTION: Journal This!

1. What are your resentments from painful experiences?
2. Where does your fear come from?
3. What areas of your life: sexual, financial, emotional, social, or character defects are holding you back?

Bible Verses – New Living Translation

Isaiah 58:12 - ¹²Some of you will rebuild the deserted ruins of your cities. Then you will be known as a builder of walls and a restorer of homes.

Lamentations 3:40 - ⁴⁰ Instead, let us test and examine our ways. Let us turn back to the LORD .

Joel 2:3 - ³ Fire burns in front of them, and flames follow after them. Ahead of them the land lies as beautiful as the Garden of Eden. Behind them is nothing but desolation; not one thing escapes.

"That's Why I'm Here"

Kenny Chesney

Well I ain't had nothin' to drink
I knew that's probably what you'd think
If I'd drop by this time of night
Remember way back when
I promised you I'd drop in
At one of those meetings down at the "Y"

They started talkin' about steps you take
Mistakes you make the hearts you break
And the price you pay
I almost walked away

You could hear a pin drop
When this old man
Stood up and said I'm gonna say it again
Like I do every week
For those who don't know me

It's the simple things in life
Like the kids at home and a lovin' wife
That you miss the most, when you lose control
And everything you love starts to disappear
The devil takes your hand and says no fear
Have another shot, just one more beer
Yeah I've been there
That's why I'm here

This old boy stood up in the isle
Said he'd been livin' a life of denial

Then he cried, as he talked about wasted years
I couldn't believe what I heard
It was my life word for word
And all of the sudden, it was clear

It's the simple things in life
Like the kids at home and a lovin' wife
That you miss the most, when you lose control
And everything you love starts to disappear
The devil takes your hand and says no fear
Have another shot, just one more beer
Yeah I've been there
That's why I'm here

I know for us it may be too late
But it would mean the world to me
If you were there when I stand to say

It's the simple things in life
Like the kids at home and a lovin' wife
That you miss the most, when you lose control
And everything you love starts to disappear
The devil takes your hand and says no fear
Have another shot, just one more beer
Yeah I've been there
That's why I'm here

OOH, I've been there
That's why I'm here

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The 12 Steps

**Step 4: Made a Searching & Fearless Moral Inventory of Ourselves.
Moral Inventory!**

Isaiah 58:12; Lamentations 3:40; Joel 2:3

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: Step 4 > Overview of Step 4



1. **“You can’t do it alone!”** > Step 4 works best with the help of a Sponsor. It’s difficult to not be absorbed by what others have done to you. However, if you search fearlessly, you will be able to think of specific things you have done to hurt others.
2. **Denial** > Step 4 is difficult. We are often blinded to certain things about ourselves and what we do or have done. As we are willing to really look at our lives, awareness grows and gradually more and more of us becomes known to us and others.
3. **Remember** > Guidelines to prepare for Step 4:
 1. Understand the purpose of Step 4.
 2. Expect to Rely on a Higher Power to do Step 4.
 3. Feel your feelings as you go.
 4. Get the support of a Sponsor.
 5. Attend meetings regularly.
 6. Banish the myth that you should have been perfect.
 7. Resist the urge to focus on what others have done to you.
 8. Write your inventory on paper.
 9. Don’t rush; Step 4 takes time.



The 12 Steps: Step 4 > Take an Inventory!

1. **Resentments** = the result of a collision between your actions, fed by your pride, and either the actions of other people or your own grandiosity.
 1. Resentment cause violence in violent people and illness in nonviolent people. Step 4 relieves one of having to be violent or have crippling feelings later. Journal this:
 1. I am resentful at – identify the person or object of my resentment ...
 2. The cause of my resentment ...
 3. The effect of resentment in my life ...
 4. What I did earlier to cause this behavior ...
2. **Fears** > list all the fears from your whole life. Why were you afraid? Journal this:
 1. I am fearful of ...
 2. The cause of my fear ...
 3. The effect of fear on my life ...

The 12 Steps: Step 4 > Take an Inventory!



3. Trouble Areas > Be specific about your behavior and attitudes. Avoid “general confession.”
 1. **Sexual** > include the nature of the relationships you had encountered with members of the opposite sex, including but not limited to explicit sexual experiences. What sexual incidents have hurt you or other people. Look at behavior and attitudes.
 2. **Financial** > What character defects drove you to exaggerate your financial needs so that you absorbed and obsessed with making money? What character traits have contributed to your financial insecurity and how they affected you.
 3. **Emotional** > Emotional security can lead one either to be overdependent and controlled by some stronger person or to start controlling other people in order to feel secure. Emotional insecurities lead us to often fear, worry, depression, anger, and self-pity.
 4. **Social** > Instead of simply wanting to be a regular member of a group, we want to be president of the committee. Or we want to be the smartest, best-looking, holiest, so that we can be considered on to the “special ones.”
 5. **Character** > What have you realized about your behaviors and attitudes that have damaged your life?

ACTION: Journal This!



1. What are your resentments from painful experiences?
2. Where does your fear come from?
3. What areas of your life: sexual, financial, emotional, social, or character defects are holding you back?