

Steps One, Two, and Three

The first three steps really go together, but in order to keep it simple and allow for reflection, we will study each one separately. After all, they are STEPS, and the longest journey is only made up of individual steps. The first three steps, when read together are: We admitted we were powerless over our dependencies-that our lives had become unmanageable. We came to believe that a Power greater than ourselves could restore us to sanity, and we made a decision to turn our will and our lives over to the care of God.

STEP 1: We admitted we were powerless over our dependencies-that our lives had become unmanageable.

Admitting we are Powerless

The journey to recovery begins with admitting we are POWERLESS to MANAGE whatever it is that has become UNMANAGEABLE (an addiction, a loved one's addiction or behavior, depression, or some other compulsive behavior) in our lives. This journey must take us from RELIANCE ON OUR OWN POWER to ADMITTING WE ARE POWERLESS, and it can be for many of us a long, hard road. Some of us have had to "hit bottom" before we could admit that we cannot HANDLE IT OURSELVES - that we are not strong enough, or clever enough, or intelligent enough, or entirely self-sufficient and able to CONTROL every aspect of our lives. Things that stand in the way of admitting we are powerless are: BLAMING OTHERS - ("life, circumstances, and other people have not treated me the way I think I should be treated," "I drink or use drugs to relax, or because I've had a bad day", etc.); REBELLION - knowing what is right, but refusing to do it; MAKING EXCUSES - ("I act this way because I was abused, or my parents didn't want me", etc.); PRIDE - ("I don't need anyone's help"); FEAR - ("I'm afraid to appear vulnerable").

Dealing with Denial

DENIAL is either refusing to admit we have a problem, or stubbornly **continuing to believe we can handle it in our own strength**. We have spent a long time in denial, in trying to hide our addictions, and in all the ways and methods we have tried to quit, which have NOT worked. Sometimes it takes a painful crisis for us to realize we need help. If you have reached this point, just ADMIT IT - "I am powerless, I cannot handle this problem on my own." If you are addicted to alcohol, drugs, food or sex, admit that you are POWERLESS over it. If you are depressed or suffering from what others have done to you, admit you are powerless to change circumstances or other people's behavior. If you have a problem with co-dependency, admit you are powerless to FIX that other person, especially a loved one.

Summary - Stop denying the pain, start admitting your life has become unmanageable, stop playing God, start admitting your powerlessness.

First Week's Lesson - Step 1

As you begin the following studies, **pray that God will bring healing and recovery** to you through His word. Read and re-read each scripture portion before answering the questions. For the personal questions, be completely honest. You're only hurting yourself by continuing to deny or cover up your problems (read Prov. 28:13-14 and I John 1:7-10).

Bible Study & Personal Questions

1. What has made it difficult for you to ask for help and face the reality that you are not powerful enough to handle your problems alone?
2. What events in your life have led you to seek help regarding your powerlessness over _____ (your addiction, co-dependent behavior, other compulsive behavior, etc.)?
3. What does powerlessness mean to you?
4. **Read Matthew 9:9-12** Jesus said, "It is not the healthy who need a doctor, but the sick." What do you think He meant by this statement? What does this have to do with powerlessness?
5. Jesus said, "I have not come to call the righteous, but sinners." Is there really anyone "righteous" in God's sight, or are they just "self-righteous" (in their own sight)? Read Romans 3:9-18
6. What are the dangers of being "self-righteous" and why do people hang on so tightly to their false sense of righteousness and power in their own lives?
7. John 5:5-7 "Now a certain man was there who had an infirmity (weakness) thirty-eight years. When Jesus saw him lying there, and knew that **he already had BEEN in that CONDITION a long time**, He said to him, "**Do you WANT to be made well?**" The sick man answered him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." How is this man a picture of powerlessness?
8. Admitting you are powerless is NOT the same as giving up and not **wanting** to be made well. Jesus knew that there are people who ENJOY their helplessness or sickness; it is a way of getting attention or sympathy, or of avoiding responsibilities. Many people just crawl into a "hole" and say, "I can't do this or that, because of my affliction or because I've been so wounded in the past." Admitting your powerlessness in Step 1 is to admit that you are TIRED of wallowing in your condition, that it has caused your life to become unmanageable, and that the "fix" has stopped working. Have you reached that point? Describe how you feel?
9. Many say, "**I've TRIED SO HARD, but I just CAN'T do it!**" In Steps 1 and 2, the key to overcoming addictions, depression, or other problems is to **STOP trying in your OWN strength**, and just TRUST the Lord, and LET Him fight for you. When you quit fighting, you must "BE STILL" and trust the Lord, and you do that by spending "quiet time" with the Lord, getting to KNOW HIM through **reading His word, the Bible**, and through talking with Him in prayer.
10. **Psalms 46:10** "**Be still**, and know that I am God...."
11. **Read II Chronicles 20:12-23** "**For we are POWERLESS** before this great multitude who are coming against us; nor do we know what to do, but OUR EYES ARE ON YOU.....Thus says the Lord to you, 'Do not fear or be dismayed because of this great multitude, for the BATTLE is NOT YOURS, but GOD'S.'" Are you WILLING to give up your own strength, and ASK God to give you His strength, and to fight for you?
12. **PRAYER:** Write out here what you want to tell the Lord about your POWERLESSNESS. Do you have any wrong attitudes regarding recovery that you need to confess to Him (such as denial, rebellion, stubbornness, pride)? Too many times, we pray and make commitments to God, but then forget what we have asked Him to do, or forget our promises to Him. Write out your prayer, then sign it and date it.

Date: _____

Second Week's Lesson - Step 1

As you begin the following studies, pray that God will bring healing and recovery to you through His word. Read and re-read each scripture portion before answering the questions. For the personal questions, be completely honest. You're only hurting yourself by continuing to deny or cover up your problems (read Prov. 28:13-14 and I John 1:7-10).

Bible Study & Personal Questions

1. Are you guilty of blaming others and making excuses? ("If only _____ hadn't happened.")
2. Are you confused about admitting your powerlessness? Worrying and obsessing about things you cannot control is NOT the same as admitting you are powerless. What things are you worrying or obsessing about?
3. Loneliness is a choice. How has your addiction, or your denial of your problems, isolated you from important relationships?
4. **Romans 7:15-19** "For what I am doing I do not understand. For **what I WILL to do**, that I do not PRACTICE; but **what I HATE**, that I DO. If, then, I DO what I WILL not to do, I agree with the law that it is good. But now, it is no longer I who do it, but sin that dwells in me. For I know that in ME, (that is **in MY FLESH**) **nothing good dwells**; for to **WILL** is present with me, but **HOW to perform** what is good I do not find. For the **good that I will (WISH) to do, I do NOT do**; but the **EVIL I will NOT to do**, that [*is what*] I practice."
5. What do these verses tell you about powerlessness? Is human willpower enough?
6. What other insights about powerlessness or unmanageability did you have about these scriptures? How does this compare to your own situation?

STEP 2: Came to believe that a Power greater than ourselves could restore us to sanity.

A Power greater than ourselves

Now that we have admitted that WE are powerless, is there any HOPE that someone, somewhere DOES have the POWER to save us and restore our chaotic lives to order? Secular 12-Step groups would have you believe that ANYTHING can be your Higher Power, even the 12-Step group itself. We believe that only God Himself, as He reveals Himself in the Bible, has the power to change and restore our lives.

Restore us to sanity

What is the AA definition of INSANITY? "Doing the same thing over and over, and expecting different results." If we have tried to quit drinking or using drugs, or worse yet, tried to keep drinking or using while thinking we could keep it under control, we are guilty of this kind of INSANITY. If we have tried over and over to change a loved one's behavior, believing their promises to change while continuing to suffer abuse, we are guilty of this kind of INSANITY. If we have tried over and over again to change our own compulsive behavior patterns in our own strength, we are guilty of this kind of INSANITY. Step 2 offers us HOPE that Someone - a Power greater than ourselves can restore us to normalcy and sanity, and lift us up out of the horrible pit we are in (see Psalm 40:2-3).

First Week's Lesson - Step 2 Bible Study & Personal Questions

1. **Romans 7:15-19** "For what I am doing I do not understand. For **what I WILL to do**, that I do not PRACTICE; but **what I HATE**, that I DO. If, then, I DO what I WILL not to do, I agree with the law that it is good. But now, it is no longer I who do it, but sin that dwells in me. For I know that in ME, (that is **in MY FLESH**) **nothing good dwells**; for to **WILL** is present with me, but **HOW to perform** what is good I do not find. For the **good that I will (WISH) to do, I do NOT do**; but the **EVIL I will NOT to do**, that [*is what*] I practice.""

"What I HATE, that I DO" - How many times have we said, **"WHY did I do that? That's not what I REALLY wanted to do?"** , and the opposite is true: **we DON'T**

do the things we would LIKE TO DO, or that we know we SHOULD do. If we are Christians, this is the battle between our old SIN NATURE and the NEW NATURE ("new man") in Christ. "**SIN THAT DWELLS IN ME**" is referring to the old sin nature, also called "the FLESH" or the "old man."

2. According to Step 2, what can God give us that we do not have in our HUMAN NATURE?
3. "**The GOOD that I WILL to do, I do NOT DO**" - This means that we are capable of making all kinds of New Year's Resolutions, pledges and vows to do this or that, but that we are unable to keep those promises. We are unable to DO the GOOD we resolve or promise to do!! Also, how many times have we gone ahead and DONE the EVIL that we have **PROMISED NOT TO DO ever again?** This is that INSANITY again. Can you relate to this?
4. Are you willing to admit that you need God to restore you to sanity? In what specific areas of your life do you need His power to help you?
5. Are there **some AREAS of your life** you are still holding back from giving up to God? What areas of your life are you ready and willing to give up to God right now?
6. Are you afraid of giving up control of your life to God? If so, why?
7. **Psalm 40:2-3** says "He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps. He has put a new song in my mouth, even PRAISE UNTO OUR GOD; many shall see it and fear, and shall trust in the Lord."

This is a description of a person in a situation so bad that they CANNOT get out of it by themselves - the pit is DEEP, and the miry clay is SLIPPERY, and they keep FALLING BACK INTO the pit. Does this describe how YOU feel sometimes? Be specific.

8. **PRAYER:** Write out here what you feel is YOUR "horrible pit" that you can only be lifted out of with God's help and power. It could be a horrible pit of sin, sickness, pain, addiction, depression, feelings of worthlessness, confusion, or worry and despair over a loved one's addiction or behavior. Write out your prayer, then sign it and date it.

Lord, I believe **You can and You want to** lift me up out of this horrible pit of

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Second Week's Lesson - Step 2

As you begin the following studies, pray that God will bring healing and recovery to you through His word. Read and re-read each scripture portion before answering the questions. For the personal questions, be completely honest. You're only hurting yourself by continuing to deny or cover up your problems (read Prov. 28:13-14 and I John 1:7-10).

Bible Study & Personal Questions

1. In last week's lesson, we had a question, "**Are you AFRAID** of giving up control of your life to God? If so, why?" Some people are AFRAID to turn their lives over to God because of wrong ideas and beliefs about God. Do you think you may have grown up with some of these wrong ideas, such as **an OVER EMPHASIS on God's judgment of sin**, rather than on **His LOVE and COMPASSION for the sinner who repents?**
2. Do you sometimes feel UNWORTHY of God's love and power? Do you feel **He would not use His power on YOUR behalf**, or that He is only waiting to punish you? Where do you think these wrong ideas come from?

3. **Psalm 86:5, 7 & 15** says, "For **You, Lord, are GOOD**, and **READY TO FORGIVE**; and **PLENTEOUS IN MERCY** unto all them that call upon You. **In the day of my TROUBLE** I will call upon You, for You will answer me. You, O Lord, are a **God FULL OF COMPASSION**, and **GRACIOUS, LONG-SUFFERING** (patient), and **PLENTEOUS IN MERCY** and **TRUTH**."

Joel 2:13 "...and **TURN unto the Lord your God**, for He is **GRACIOUS** and **MERCIFUL, SLOW TO ANGER**, and **of GREAT KINDNESS.....**"

Nahum 1:3 & 7 "**The Lord is SLOW TO ANGER, and great in POWER.....**the Lord is **GOOD**, a stronghold in the day of trouble; and He knows them that **TRUST IN HIM**."

Does this sound like a God you can trust to help you?

4. **Psalm 143:8 & 10** "Cause me to hear Your **LOVING-KINDNESS** in the morning; for in You do I trust: **cause me to know the WAY in which I should WALK**; for I lift up my soul unto You. **TEACH me to do Your WILL**; for You are my God: Your Spirit is **GOOD**; **LEAD ME** into the land of uprightness."

Psalm 86:11 "**Teach me YOUR WAY, O Lord**; I will **WALK in Your truth**; unite my heart to fear (reverence) Your name."

Believing God CAN help you and restore you to sanity is only the beginning of this **JOURNEY of RECOVERY**. You must **ALLOW GOD to TEACH you** how you should **WALK** - **ONE STEP** at a **TIME**, **ONE DAY** at a **TIME**, on this journey. Do you think God has the resources and the willingness to **TEACH you HOW** to live? Are you going to argue with Him, or **are you WILLING to FOLLOW His INSTRUCTIONS?**

5. **Psalm 25:8-9** says, "Good and upright is the Lord; therefore **He TEACHES SINNERS** in the **WAY. The HUMBLE He guides** in justice, and **the HUMBLE He TEACHES HIS WAY**." If God teaches sinners, do you qualify as a sinner? What kind of person is God able to teach and guide (with what kind of attitude)?
6. **PRAYER:** Tell God that you believe He **CAN** and **WILL** restore your life to **SANITY** and **BALANCE**. Tell Him you will **OBEY** His instructions written in His "Manufacturer's Manual", the Bible. He is your Creator, so He knows best **HOW** you should live (your **DAILY WALK**). Ask His forgiveness for trying to do it **YOUR WAY** for so many years. Write out your prayer, then sign it and date it.

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Psalm 34:8 "Oh, taste and see that the Lord is **GOOD**; blessed is the man who trusts in You."

II John 3 "**GRACE** be with you, **MERCY**, and **PEACE** from God the Father, and from the Lord Jesus Christ, the Son of the Father, in **TRUTH** and **LOVE**."

II Corinthians 1:2-3 "**GRACE** be to you, and **PEACE**, from God our Father, and the Lord Jesus Christ. Blessed be God, the Father of our Lord Jesus Christ, the Father of **MERCIES**, and the God of all **COMFORT**."

STEP 3: Made a decision to turn our will and our lives over to the care of God.

The AA Third Step finishes with "God as we understood Him." Secular AA groups even more often just refer to a "Higher Power", and don't even call Him God. We believe that the only "Higher Power" that can truly heal us and rid us of our addictions and destructive behaviors is the God of the Bible, the True and Living God, the God and Father of our Lord Jesus Christ. Most of us here are Christians, which means we have already turned our lives and wills over to God and Jesus Christ for salvation and eternal life. However, we may not have completely **turned our wills over to Him in regards to our addictions, compulsions, destructive behaviors, anger and bitterness, etc.** When we hold onto these things, or RESERVE certain areas of our lives to ourselves, we have NOT made Jesus Lord of our life. He needs to be LORD of your entire life, and you must SURRENDER to Him and give Him permission to TAKE CONTROL of every area of your life.

There may be some here who are NOT Christians, and have NOT yet come to Jesus Christ for salvation. If this is your situation, you must start at the beginning. The first thing you must do is:

1. **Decide Who your Higher Power will be - Joshua 24:14-15** says "Now therefore, fear (reverence) the Lord, serve Him in sincerity and in truth, and put away the gods which your fathers served on the other side of the River and in Egypt. **Serve the Lord!** And if it seems evil to you to serve the Lord, **CHOOSE for yourselves** this day **whom you will serve**, whether **the gods which your fathers served**, or the gods of the [people], in whose land you dwell. But as for me and my house, **we will serve the Lord.**" The second thing you must do is:
2. **Decide that, if the Lord is God, He must KNOW BETTER than you do HOW to have a relationship with Him - Proverbs 16:25** says "There is a **WAY that SEEMS right** to a man, but its end is the way of death."
 - o **Proverbs 3:5-6** "TRUST in the Lord with all your heart, and do **not** lean (rely, **trust**) on **your own** understanding; in all your ways **acknowledge Him**, and He shall direct your paths."
 - o **Ephesians 4:14-15** "That we should **no longer be CHILDREN**, tossed to and fro and carried about with EVERY WIND OF DOCTRINE, by the **trickery of men**, in the **cunning CRAFTINESS** by which **they lie in wait to DECEIVE**, but, speaking the truth in love, may **GROW UP** in all things into **Him who is the head - Christ.**"
3. **Decide to Obey God and Enter Relationship with Him According to His Revealed Will in the Bible** - The Bible tells us that we can only come to God through His Son, Jesus Christ - there is NO OTHER WAY to come to God.
 - o **John 14:6** "JESUS said to him, '**I AM the WAY, the TRUTH, and the LIFE. NO ONE comes to the Father** except THROUGH ME.'"

If you have never received Jesus Christ as your personal Savior, you may do it right now. Pray this prayer and receive Jesus Christ as your personal Savior today!

Almighty God, I come to You in the Name of Jesus, recognizing that I am a sinner. You said in Your word, "....If you shall confess with your mouth that Jesus is LORD, and shall believe in your heart that God has raised Him from the dead, YOU SHALL BE SAVED" (Romans 10:9)

I believe in my heart that JESUS IS THE CHRIST, THE SON OF THE LIVING GOD. I believe that JESUS, the sinless Son of God, PAID THE PENALTY ON THE CROSS for MY SINS, that HE WAS RAISED FROM THE DEAD, and I accept Him as my Lord and Savior. Lord Jesus, come into my heart and TAKE CONTROL of my life!

**First Week's Lesson - Step 3
Bible Study & Personal Questions**

1. The Bible says in **I Thessalonians 1:9-10** "For they themselves declare concerning us what manner of entry we had to you, and how **you TURNED to God** from **IDOLS to serve the LIVING and TRUE God**, and to wait for **His Son** from HEAVEN, whom He RAISED from the DEAD, even **Jesus** who DELIVERS us from the wrath to come." Have you turned your LIFE and WILL over to Jesus and given up all the IDOLS you were serving in the past?
2. An idol or false god is **anything or any person** who takes your time, energy, and devotion AWAY from the true God. It could be your addiction, or a loved one or family member, or money (workaholics or gamblers, this is your idol). Materialism (wanting to accumulate THINGS), FAME, POWER, excitement, can also be idols. What are some of those idols you were serving?
3. In **II Corinthians 5:17** it says "Therefore, if anyone is IN CHRIST, he is a new CREATION; old things are passed away, behold, all things have become new." **If you have accepted Jesus Christ as your Savior, you are "in Christ"**. Do you have some things from your OLD life that still need to PASS AWAY? What things still need to BECOME NEW?
4. **PRAYER:** Write out here and CONFESS TO GOD what things you have NOT turned over to Him in the past, and what things you are willing to turn over to Him now. Write out your prayer, then sign it and date it. This is a PROCESS of things "passing away" and "becoming new" as you TURN OVER to God each and every area of your life. If you stubbornly REFUSE to turn over to God's care certain areas of your life, **those areas will not be healed and restored**. Confess to God if you have been guilty of RESERVING certain areas or things in your life for YOURSELF, and NOT ALLOWING Jesus to be LORD of those areas. (read Prov. 28:13-14 and I John 1:7-10).

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Read ROMANS 6:6-19. Read the entire section of scripture before starting to look up the other scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Use your Serenity Bible for this study.

Romans 6:6-7 "Knowing that **our OLD MAN was crucified with Him**, that **the body of sin might be done away with**, that we should **no longer be SLAVES of sin**. For **he who has died** has been freed from sin."

- **Ephesians 4:22** "That you put _____, concerning your former conduct, the _____, which grows _____ according to the deceitful lusts (desires)."
- **Galatians 2:20** "I have been _____ with Christ; it is no longer I who live, but _____ lives in me; and the life which I now live in the flesh I live by faith in the _____ of _____, who loved me and gave Himself for me."
- **Galatians 5:24** "And those who are Christ's have _____ the flesh with its _____ and _____."

Definition: "THE OLD MAN" - Our sinful human nature, which includes **habits** and **behavior patterns** learned BEFORE we were BORN AGAIN.

Definition: "That the body of sin might be DONE AWAY WITH" - The literal meaning of "done away with" here is **"RENDERED INOPERATIVE"**. Notice the word "that" - **THAT** the BODY OF SIN (the sin nature) **MIGHT BE rendered inoperative**. Our "old man" or SIN NATURE was crucified with Christ **IN ORDER that it might BE POSSIBLE** for it to be RENDERED INOPERATIVE (not functioning). **The POWER of the sin nature over us has been broken**, but we STILL HAVE TO **ENFORCE the CRUCIFIXION of Christ** on our old nature BY BEING OBEDIENT to God and saying "NO" to those sinful desires.

- **Read Matthew 16:21-26** (Verses 24-25) "Then Jesus said to His disciples, 'If anyone desires to come after Me, let him deny _____, and take up his _____ and follow Me. For whoever desires to save his life will lose it, and whoever _____ his life for My sake will _____ it.'"
- **Read Colossians 3:1-10** (Verses 2-3) "Set your _____ on things _____, not on things on the _____. For you _____, and your life is hidden with Christ in God." (Verse 5) "Therefore put to _____ your members which are on the earth; _____, _____, _____, _____, and _____, which is idolatry." (Verses 8-9) "But now you also must _____ all these: _____, _____, _____, blasphemy, _____ out of your mouth. Do not lie to one another, since you have _____ the _____ with his deeds."

Definition: "DENY HIMSELF" & "LOSE HIS LIFE FOR MY SAKE - These two mean the same thing - to LOSE, GIVE UP, DENY (say "No" to) the desires of your OLD SIN NATURE; to DISREGARD your OWN interests; to LAY DOWN or PUT TO DEATH your own desires (**ENFORCE the CRUCIFIXION of Christ on the old sin nature**) in order to fulfill God's will in your life. In other words, to give up the "lower" life in order to live the "HIGHER LIFE" with Christ.

Second Week's Lesson - Step 3 Bible Study & Personal Questions

As you begin the following studies, pray that God will bring healing and recovery to you through His word. Read and re-read each scripture portion before answering the questions. For the personal questions, be completely honest. You're only hurting yourself by continuing to deny or cover up your problems (read Prov. 28:13-14 and I John 1:7-10).

1. The first part of Step 3 says, "We **MADE A DECISION**" to turn our will and our lives..." Just BELIEVING in your head that **God CAN help you** is NOT ENOUGH. You must MAKE A DECISION, and that decision is a **DAILY CHOICE**, sometimes even a **MOMENT BY MOMENT CHOICE, of DECIDING whether you will follow what God says**, or what someone else says, or how you FEEL, etc . The last time you practiced your addiction or gave in to that compulsive behavior, were you making that choice on the basis of "how you felt" (emotions) or what someone said or did to you? Be specific (for example, "I drank/used drugs because my boss yelled at me that day" or "I (*Whatever compulsive behavior*) because I felt hopeless, like my life was going nowhere").
2. If your answer to #1 is "yes" do you see how **DECIDING to follow God's instructions for living** (in the Bible) could help you to NOT give in to those behaviors?
3. Step 2 is "Came to believe that a Power **greater than ourselves** could restore us to SANITY." Insanity means "acting like a fool" and **any FOOL can just DO whatever they FEEL like** at the moment. Do you believe God's POWER is **greater** than those feelings and emotions you may have?
4. Your SOUL is made up of **your MIND, your WILL and your EMOTIONS**. Step 3 is "Made a decision to turn **our WILL** and our lives over to the care of God." Do you understand how your will is different from your emotions? An example might be: "I get up to go to work today, NOT because **I feel like it (emotions)** , but because I have **made a DECISION (will)** that it is IMPORTANT for me to get up and go to work!" God wants you to make those same kinds of decisions every moment of every day - HE WILL GIVE YOU THE POWER, but YOU MUST MAKE THE DECISION and ASK for it. How can you apply this to your addiction/compulsion, or any temptation, for that matter?

Read ROMANS 6:11-12. Read the entire section of scripture before starting to look up the other scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Use your Serenity Bible for this study.

11. "Likewise you also, **RECKON yourselves** to be **dead indeed unto sin**, but alive unto God in Christ Jesus our Lord."

- **Romans 6:1-2** "What shall we say then? Shall we _____ in sin that grace may abound? Certainly not! How shall we who _____ to sin live _____ in it?"
- **Galatians 2:20** "I have been _____ with Christ; **it is no longer I who live**, but _____ lives in me; and the life which I now live in the flesh (in this human body) I _____ by faith in the _____ of _____, who loved me and gave Himself for me."

Definition: "RECKON" - To accept something as certain; place reliance on, even when you don't **SEE the evidence (or FEEL it)** . YOU MUST BELIEVE the TRUTHS of the word of God. **YOU MUST BELIEVE** what the word of God tells you about **WHO YOU ARE IN CHRIST**. For instance, Romans 6:7 tells us that "he who has died has been freed from sin," but Satan or the old "tapes running in your mind" will keep telling you that you are NOT free, but still in bondage to old habits and that YOU CAN'T HELP YOURSELF, you **can't stop** committing that particular sin, etc. **You have a CHOICE of WHO YOU WILL BELIEVE - GOD or SATAN!!** Romans 6:18 & 22 both state that we **HAVE BEEN SET FREE (past tense!)** - it's already a DONE DEAL!!

- **Hebrews 11:1** "Now _____ is the substance of things _____ for, the evidence of things _____."

12. "Therefore **do not let SIN reign** in your mortal body, that you should **OBEY IT** in its lusts."

Definition: "Do not LET SIN REIGN" - Reign means to have authority or **CONTROL OVER**. (1) We are **COMMANDED** to NOT LET sin (the old SIN NATURE) have control over us, therefore it is **POSSIBLE** for us to do this, because **God never gives a commandment unless He also gives us the POWER to carry it out**; (2) We are told **NOT TO OBEY IT** - we have a **CHOICE** of whom to obey, and the sin nature is referred to as an "IT" - it is not the "REAL YOU." The **REAL YOU** is your **SPIRIT** within you which was born again and is a new creature in Christ Jesus.

- **II Corinthians 5:17** "Therefore, if anyone is in _____, he is a new _____; old things have passed away (died); behold, all things have become _____."
- **Ephesians 4:20-24** "But you have not so learned Christ; if indeed you have heard Him, and have been taught by Him, as the truth is in Jesus; that **you** _____ (**stop OBEYING**), concerning your former _____, the _____, which grows _____ according to the _____ and be **RENEWED** in the spirit of your **MIND**; and that you put on (OBEY) the _____, which was _____ according to God (the "NEW CREATION"), in righteousness and true holiness."

Third Week's Lesson - Step 3 Bible Study & Personal Questions

1. Another way to say "We **MADE A DECISION** to turn our will and our lives over to God" is what Romans 6:13 says, to **"PRESENT yourselves to God" and "Present your MEMBERS as INSTRUMENTS of righteousness to God."** This is also a **DAILY**

- decision, a **DAILY CHOICE**, sometimes even a **MOMENT BY MOMENT CHOICE, of DECIDING whether you will PRESENT YOUR BODY to God**, or to your addiction or whatever compulsive behavior. To whom will you present your body today? Who has the "use permit" for the members of your body?
2. Read Daniel 1:8, "Daniel MADE UP HIS MIND **not to defile his BODY...**" If you were to "**make up your mind**" **ahead of time** NOT to do ANYTHING with your body that would be dishonoring to God, would that help you to make the right decision when the actual moment of temptation came?
 3. John 8:34-36 "Jesus answered them, "Most assuredly, I say to you, **whoever commits SIN is a SLAVE to sin**. And a slave does not abide in the house forever, but a son abides forever. Therefore if **the Son (Jesus) MAKES you FREE**, you shall be free indeed." What is your definition of freedom? Does it mean to be free to do whatever you want? Have you ever thought of TRUE freedom as **being FREE to do what is RIGHT**?
 4. Does it seem like a contradiction that the Bible says we are "free" when we become SLAVES of God, and obey Him? (Romans 6:17-19). Is "obey" a difficult word or concept for you? If so, why?

Read ROMANS 6:13-19. Read the entire section of scripture before starting to look up the other scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Use your Serenity Bible for this study.

13. "And do not **PRESENT your MEMBERS** as instruments of unrighteousness to sin, but **PRESENT yourselves to God** as being **ALIVE from the dead**, and your MEMBERS as INSTRUMENTS of righteousness to God."

- **Romans 12:1-2** "I beseech you (beg you) therefore brethren, by the mercies of God, that you _____ your _____ as a _____ sacrifice, _____, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the _____ of your _____ that you may prove what is that _____ and _____ and _____ will of God."

Definition: "MEMBERS" - Individual parts of the BODY, such as HANDS, FEET, TONGUE, EYES, etc. I believe the MIND (brain) could also be considered a "member" of the body. We have the POWER to **CHOOSE to let our BODY** and its parts (including our mind) be used for the glory of God, as **His INSTRUMENTS or TOOLS** of righteousness, or as INSTRUMENTS or TOOLS for sin. As it relates to addictions, we might think of what and how much food, chemicals or alcohol we allow to go into our MOUTH; or do we allow our EYES to look at pornography? Are the **things we are doing with our body** glorifying to God?

- **Ephesians 2:2-3** "In which you once walked according to the course of this world, according to the _____ of the _____ of the air (atmosphere), the _____ who now works in the sons of _____, among whom also we all once conducted ourselves in the lusts (desires) of our _____, fulfilling the _____ of the _____ and of the _____; and were by nature _____ of wrath, just as the others."

16. "Do you not know that to whom **you present yourselves slaves to OBEY**, you are that one's slaves whom you obey, whether of sin to death, or of OBEDIENCE to righteousness?"

- **II Peter 2:19** "While they _____ them _____, they themselves are _____ of corruption (SIN & DEATH); for by whom (or WHAT) a person is _____, by him also he is brought into _____."
- **John 8:34** "Jesus answered them, 'Most assuredly, I say to you, whoever commits _____ is a _____ of _____."

Definition: "Present yourselves SLAVES to OBEY" - How did we get ADDICTED to something in the first place? **We PRESENTED OURSELVES**, or **EXPOSED** our flesh (our physical body or mind) to that thing, whether it was ALCOHOL, NICOTINE, DRUGS, certain SEXUAL BEHAVIORS, PORNOGRAPHY, OVER-EATING, or other "compulsive" behaviors, until a HABIT was DEVELOPED. After enough times of EXPOSURE, our flesh (our physical body or MENTAL-EMOTIONAL makeup) was TRAINED to WANT and even **DEMAND those things**. Some addictions are more EMOTIONAL than physical - we have **emotional TRIGGERS** that we have allowed to be built up over time. The OPPOSITE is also true: TRAIN YOURSELF to do the right things, the THINGS OF GOD, and eventually the fleshly things which kept you in BONDAGE will subside and no longer be able to hold you.

- **Galatians 5:16-17** "I say then: 'Walk in the _____, and you shall NOT _____ the lust (desires) of the _____. For the flesh _____ against the _____, and the Spirit _____ the flesh; and these are contrary (OPPOSITE) to one another, so that you do not do the things that you wish.'"
- **I Corinthians 6:12** "All things are _____ for me, but all things are not _____. All things are lawful for me, but I will not be _____ under the _____ of any."

17-18. "But God be thanked that though you were slaves of sin, yet **you OBEYED** from the heart that form of doctrine to which you were delivered. And **having BEEN SET FREE** from SIN, YOU became slaves of RIGHTEOUSNESS."

- **Romans 16:26** "But now has been made manifest, and by the prophetic scriptures has been made known to all nations, according to the _____ of the everlasting God, for _____ to the _____ - to God, alone wise, be glory through Jesus Christ forever. Amen."
- **I Peter 1:22** "Since you have purified your _____ in _____ the _____ through the _____ in sincere love of the brethren, love one another fervently with a pure heart."
- **Romans 10:16** "But they have not all _____ the gospel. For Isaiah says, 'Lord, who has _____ our report?'"
- **Galatians 3:1** "O foolish Galatians! Who has bewitched you that you should not _____ the _____, before whose eyes Jesus Christ was clearly portrayed among you as crucified?"

Definition: "HAVING BEEN SET FREE from SIN" - Romans 6:11 says we are to RECKON (To accept as certain; place reliance on, even when you don't **SEE the evidence**) **that we are SET FREE from sin. YOU MUST BELIEVE** what the word of God tells you about **WHO YOU ARE IN CHRIST**. If Satan keeps telling you that you are NOT free, but still in bondage to old habits (that YOU CAN'T HELP YOURSELF, you **can't stop** committing a particular sin, etc.), **you have a CHOICE of WHO YOU WILL BELIEVE - GOD or SATAN!!** Romans 6:18 & 22 both state that we **HAVE BEEN SET FREE (past tense!)** - it's already a DONE DEAL!! Now, just BELIEVE it, and it will BEGIN TO CHANGE YOUR LIFE.

- **Romans 6:22** "But _____ **HAVING** _____ **SET** _____ from _____, and **HAVING** _____ slaves of God, you have your fruit to _____, and the end, everlasting life."
- **Romans 8:2** "For the _____ of the spirit of _____ in _____ has made me _____ from the law of _____ and death."

19. "I speak in human terms because of the **WEAKNESS of your FLESH**. For just as you presented **your members as slaves of UNCLEANNES**, and of lawlessness leading to more lawlessness, so now **PRESENT** your members as slaves of righteousness for **HOLINESS**."

- **Matthew 26:41** "Watch and pray, lest you enter into _____. The spirit indeed is willing, but the _____ is _____."
- **I Thessalonians 4:7** "For God did not call us to _____, but in _____."
- **I Corinthians 6:15-19** "Do you not know that your _____ are members of Christ? Shall I then take the _____ of _____ and make them members of a harlot (prostitute)? Certainly not! Or do you not know that he who is _____ to a harlot is one _____ with her? 'For the _____,' He says, 'Shall become _____ flesh,' But he who is _____ to the Lord is one spirit with Him. Flee (run away from) sexual immorality (UNCLEANNES). Every _____ that a man does is outside the body, but he who commits sexual immorality _____ against his own _____. Or do you not know that your _____ is the _____ of the _____, who is in you, whom you have from _____, and you are not your own?"

Definition: "WEAKNESS of your FLESH" - "Flesh" in this context means BOTH our human BODY and our HUMAN MIND, WILL and EMOTIONS. our HUMAN BODIES and our MIND, WILL and EMOTIONS are WEAK, and we fail to serve God perfectly because of that weakness. Our HUMAN WILLPOWER alone is not enough to keep us from sinning. **We cannot live the Christian life by GOOD INTENTIONS and human WILLPOWER, but only by the POWER of God through the HOLY SPIRIT as we allow Him to take CONTROL of our lives.**