

Desperate for God

Lordship, Repentance and Discipleship through 12-Step Sponsorship

Series outline

- Week 1 – Overview of Twelve-Step Sponsorship
- Week 2 – Lordship: I Can't, God Can, and I'm Gonna Let Him (Steps 1-3)
- Week 3 – Repentance I: See If There Is Any Offensive Way in Me (Steps 4-5)
- Week 4 – Repentance II: Two Parts of Change (Steps 6-7)
- Week 5 – Repentance III: Amends (Steps 8-9)
- Week 6 – Discipleship: Lead Me in the Way Everlasting (Steps 10-12)

Review – Origins of the Twelve Steps

- The Oxford Group's Spiritual Practices
 - Absolute reliance on and surrender to God through the Holy Spirit (→ Steps 1-3)
 - Dutiful confession of sin to each other (→ Steps 4-5)
 - Intentional and spoken surrender of that sin (→ Steps 6-7)
 - Restitution to all whom they had wronged (→ Steps 8-9)
 - Listening to, accepting, and relying on God's guidance, and carrying it out in everything they did or said, great or small (→ Steps 10-12)
- Bill W. and Alcoholics Anonymous
- Other addiction recovery groups with "Twelve Steps and Twelve Traditions"
- Secularism vs. Twelve Step groups in the Church

Review – "Working Your Program"

- Twelve Steps at the core (steps in order, one at a time)
- Sobriety must be defined before starting
- Sponsorship is essential

Review – Steps 1-3

- Step 1
 - I John 1:5-10; the importance of not being in denial about our sin
 - Romans 7:15-24; the Apostle Paul's personal powerlessness over ongoing sin
 - We admitted we were powerless over our addictions and compulsive behaviors [read "sin"], that our lives had become unmanageable [read "that we were unable to accomplish the good things that God wanted us to do"].
 - Two lists and an essay. 1) Chronological "Powerlessness" list of failed efforts to overcome sin. 2) Categorized "Unmanageability" list of the costs of not doing the

good things the God wanted us to do. 3) Prosecutorial closing argument based on my lists that proves beyond all doubt the truth of Step one in a personal and applied way.

- Don't Beat Yourself Up!!!
- Step 2
 - Romans 7:24-25 shows us two things 1) help is only outside of ourselves, and 2) Jesus saves
 - Matthew 19:26 reminds us that impossibilities for people are possibilities for God
 - We came to believe that a power greater than ourselves could restore us to sanity.
- Step 3
 - Proverbs 3:4-5 tells us that if we live God's way, He will bless us
 - Romans 12:1 encourages us to give ourselves completely to God
 - We made a decision to turn our wills and our lives over to the care of God.
 - Am I willing to trust God more than I trust myself? I shouldn't really believe my own answer until I see my own actions. My actions will prove it one way or the other.

Step Four

We made a searching and fearless moral inventory of ourselves.

Scriptural Basis

Lamentations 3:40

“⁴⁰Let us test and examine our ways,
and return to the Lord!”

- Whose ways?

Psalm 139:23-24

“²³Search me, O God, and know my heart!
Try me and know my thoughts!
²⁴And see if there be any grievous was in me,
and lead me in the way everlasting!”

- Do we do this alone?

Romans 12:2

“²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

The Goals of Step Four

- Identify the resentments, fears and past sins that clutter our minds and hearts and keep us from having a close relationship with God

How do we get there?

- Preliminary Character Assessment

✓	Character Defect	Opposite Asset	✓
	aggressive, belligerent	good-natured, gentle	
	angry	forgiving, calm, generous	
	apathetic	interested, concerned, alert	
	apprehensive, afraid	calm, courageous	
	argumentative, quarrelsome	agreeable	
	arrogant, insolent	unassuming, humble	

- Matrices
 - Resentments

#	Column 1 Who? (people, institutions, God)	Column 2 For what? (1-3 sentences, the shorter the better; tell what happened)	Column 3 How was I hurt? (self-esteem, personal relationships, material loss, emotional hurt, bodily harm, social ambitions, material ambitions, sexual ambitions)	Column 4 My part? (1-3 sentences; my part in the initial hurt and in the continuing hurt)	Column 5 My character defects? (refer to the List of Flaws and Assets above or come up with your own, usually just one per line, no more than three)
1					
2					
3					
...					

Resentments “Who” Trigger List

PEOPLE	INSTITUTIONS, PRINCIPLES, OTHER
Acquaintances	Authority
Aunts	Bible
Best Friends	Child Protection
Brothers	Church
Childhood Friends	Correctional System
Clergy	Death
Cousins	Education System
Coworkers	Government

“My Part” Trigger List

- Selfishness
- Not seeing others point of view, problems or needs
 - Wanting things my way
 - Wanting special treatment
 - Wanting others to meet my needs– dependency
 - Wanting what others have
 - Wanting to control–dominance
 - Thinking I'm better–grandiosity
 - Wanting to be the best
 - Thinking others are jealous
 - Wanting others to be like me

- Fears
 - Who or what am I afraid of?
 - Why am I afraid of this?
 - How does this fear hurt me?
 - What have I done to perpetuate this fear?
 - Which of my character defects are shown by this fear?

- Misconduct (things the accuser uses to tear me down)
 - Whom have I harmed?
 - What did I do?
 - How did what I did hurt me?
 - What do I need to take responsibility for?
 - Which of my character defects led to this misconduct?

How do we know once we're there?

- Sponsor should be checking work often:
 - Working down instead of across?
 - Rigorous in the way they used the trigger lists?
 - Spot check a few lines, asking for examples where they feel they did well, as well as examples they are unsure about. Make sure to give positive feedback. Give correction where needed and work through a few problem lines until they are done well. For each example, check:
 - Column one specific person?
 - Column two-four concise and make sense as a complete thought?
 - Column five is from the preliminary character assessment?
- Are all columns complete on all lines?

Step Five

We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Scriptural Basis

Psalm 32:5

“⁵I acknowledged my sin to you, and I did not cover my iniquity; I said, “I will confess my transgressions to the Lord,” and you forgave the iniquity of my sin.”

I John 1:5-10 (cf. last week’s notes)

James 5:16a

“¹⁶Therefore, confess your sins to one another and pray for one another, that you may be healed.”

The Goals of Step Five

- Bring it further into the light.

How do we get there?

- Schedule some time with God to read your lists to Him
- Schedule some time for yourself to read your lists to yourself
- Schedule some time with another human being to read your lists to them
 - Safe people
 - Listen with connection
 - Give grace
 - Speak truth

- Sponsors: what about justice or safety or church health? What if I feel like I need to tell someone?
- Sponsors: how to listen
- Follow-up Character Assessment

How do we know once we're there?

- Has the sponsee set aside time and completed each of the three readings?
- Has the sponsee completed the follow-up character assessment?
- Sponsor always decides whether the step has been completed sufficiently, or if there is more work to do. Use your good judgment.
- Further assessment of Steps Four and Five will come as we see the quality of Step Six and the effectiveness of the Step work in sobriety, relationships, and spiritual blessing in the sponsee's life. For example, if a sponsee loses sobriety after Steps Four and Five, consider whether the trigger was related to something that was left off their matrices. If so, have them add it to their Step Four work and do a mini Step 5 with that issue.

Preliminary Character Assessment

Before you start your inventory, review the following Checklist of Flaws and Assets, and mark any flaws or assets that you believe are *particularly* strong in yourself. **Don't mark every line, only the ones which are especially significant, one way or the other.** Try to mark at least as many assets as flaws. Otherwise, you are probably beating yourself up. Come back and do this exercise again after you have completed Step Five. You will be surprised at how much better you know yourself and how much more at peace you are with yourself. You will also be surprised how much more willing you are to admit your assets.

✓	Character Defect	Opposite Asset	✓
	not reading the directions	that's right, read the directions above	
	aggressive, belligerent	good-natured, gentle	
	angry-	forgiving, calm, generous	
	apathetic	interested, concerned, alert	
	apprehensive, afraid	calm, courageous	
	argumentative, quarrelsome	agreeable	
	arrogant, insolent	unassuming, humble	
	attacking, critical	fair, self-restrained	
	avoidant	faces problems and acts	
	blocking	honest, intuitive	
	boastful	modest, humble	
	careless	careful, painstaking, concerned	
	cheating	honest	
	competitive (socially)	cooperative	
	compulsive	free	
	conceited, self-important	humble, modest	
	contradictory, oppositional	reasonable, agreeable	
	contrary, intractable, pigheaded	reasonable	
	controlling	lets go, esp. of other's lives	
	cowardly	brave	
	critical	non-judgmental, praising, tolerant,	
	cynical	open-minded	
	deceitful	guileless, honest	
	defensive	open to criticism	
	defiant, contemptuous	respectful	
	denying	honest, accepting	
	dependent	accepts help but is self-reliant	
	depressed, morose	hopeful, optimistic, cheerful	
	dirty, poor hygiene	clean	
	dishonest	honest	

disloyal, treacherous	faithful, loyal
disobedient	obedient
disrespectful, insolent	respectful, reverent
enabling	setting boundaries, tough love
envying	empathetic, generous, admiring
evasive, deceitful	candid, straightforward
exaggerating	honest, realistic
faithless, disloyal	reliable, faithful
falsely modest	honest, has self-esteem
falsely prideful	modest, humble
fantasizing, unrealistic	practical, realistic
fearful	confident, courageous
forgetful	responsible
gluttonous, excessive	moderate
gossiping	closed-mouth, kind, praising
greedy	moderate, generous, sharing
hateful	forgiving, loving, concerned for others
hypersensitive	tolerant, doesn't personalize
ill-tempered	good-tempered, calm
impatient	patient
impulsive, reckless	consistent, considered actions
inconsiderate	thoughtful, considerate
indecisive, timid	firm, decisive
indifferent, apathetic, aloof	caring
inflexible, stubborn	open-minded, flexible
insecure, anxious	self-confident, secure
insincere, hypocritical	sincere, honest
intolerant	tolerant, understanding, patient
irresponsible, reckless	responsible
isolating, solitary	sociable, outgoing
jealous	trusting, generous, admiring
judgmental	broadminded, tolerant
justifying (own actions)	honest, frank, candid
lack of purpose	purposeful
lazy, indolent	industrious, conscientious
loud	tasteful, quiet
lustful	healthy sexuality
lying	honest
manipulative	candid, honest, non-controlling
masked, closed	honest, open, candid
nagging	supportive

narrow minded	open minded
obscene, crude	modest, courteous
over emotional	emotionally stable
perfectionist	realistic goals
pessimistic	realistic, hopeful, optimistic, trusting
possessive	generous
prejudiced	open-minded
procrastinates	disciplined, acts promptly
projecting (negative)	clear sighted, optimistic
rationalizing	candid, honest
resentful, bitter, hateful	forgiving
resisting	growing, willing to grow
rude, discourteous	polite, courteous
sarcastic	praising, tolerant
self-important	humble, modest
self-centered	caring of others
self-destructive, self-defeating	self-fulfilling
self-hating	self-accepting, loving
self-justifying	admitting wrongs, humble
self-pitying	grateful, realistic, accepting
self-righteous	humble, understanding
self-seeking	selfless, concerned for others
selfish	altruistic, concerned with others
shy	outgoing
slothful (lazy)	industrious, taking action
spiteful, malicious	forgiving
stealing	honest
stubborn open-minded	willing
sullen	cheerful
superior, grandiose, pretentious	humble
superstitious	realistic, no magical thinking
suspicious	trusting
tense	calm, serene
thinking negatively	being positive
treacherous	trustworthy
undisciplined, self-indulgent	disciplined
unfair	fair
unfriendly, hostile	friendly
ungrateful	thankful, grateful
unkind, mean, malicious, spiteful	kind
unsupportive of others	supportive

	untrustworthy, unreliable, dishonest	trustworthy	
	useless, destructive	helpful	
	vain	modest, humble	
	vindictive	forgiving	
	violent	gentle	
	vulgar	polite	
	wasteful	thrifty	
	willful	accepting of the inevitable	
	withdrawn	outgoing	
	wordy, verbose	frank, to the point, succinct	

Resentments Matrix

#	Column 1 Who? (people, institutions, God)	Column 2 For what? (1-3 sentences, the shorter the better; tell what happened)	Column 3 How was I hurt? (self-esteem, personal relationships, material loss, emotional hurt, bodily harm, social ambitions, material ambitions, sexual ambitions)	Column 4 My part? (1-3 sentences; my part in the initial hurt and in the continuing hurt)	Column 5 My character defects? (refer to the List of Flaws and Assets above or come up with your own, usually just one per line, no more than three)
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Boyfriends	Church
Brothers	Correctional System
Childhood Friends	Death
Clergy	Education System
Cousins	Government
Coworkers	Health System
Creditors	Heaven and Hell
Debtors	Laws
Demons	Life After Death
Doctors	Marriage
Employees	Mental Health System
Employers	Nationality
Father	Pets
Girlfriends	Philosophy
God	Power
In-Laws	Race
Jesus	Races
Judges	Religion
Lawyers	Religious Rules
Life-long Friends	Sin
Lovers	Society
Mother	Wealth
Parole Officers	
Police	
Probation Officers	
Recovery Friends	
Satan	
School Friends	
Sisters	
Sponsors	
Step Parents	
Teachers	
Uncles	
Wives	

Resentments “My Part” Trigger Lists

Selfishness

- Not seeing others point of view, problems or needs
- Wanting things my way
- Wanting special treatment
- Wanting others to meet my needs– dependency
- Wanting what others have
- Wanting to control–dominance
- Thinking I'm better–grandiosity
- Wanting to be the best
- Thinking others are jealous
- Wanting others to be like me
- Being miserly, possessive
- Wanting more than my share
- Reacting from self-loathing, self-righteousness
- Too concerned about me
- Not trying to be a friend
- Wanting to look good or be liked
- Concerned only with my needs

Dishonesty

- Not seeing or admitting where I was at fault
- Having a superior attitude–thinking I'm better
- Blaming others for my problems
- Not admitting I've done the same thing
- Not expressing feelings or ideas
- Not being clear about motives
- Lying, cheating, stealing
- Hiding reality–not facing facts
- Stubbornly holding on to inaccurate beliefs
- Breaking rules
- Lying to myself
- Exaggerating, minimizing
- Setting myself up to be “wronged”
- Expecting others to be what they are not
- Being a perfectionist

Self-Seeking

- Manipulating others to do my will

- Putting others down internally or externally to build me up
- Engaging in character assassination
- Acting superior
- Acting to fill a void
- Engaging in gluttony or lusting at the expense of another person
- Ignoring others' needs
- Trying to control others
- Getting revenge when I don't get what I want
- Holding a resentment
- Acting to make me feel good

Fears

- Peoples' opinions
- Rejection, abandonment
- Loneliness
- Physical injury, abuse
- Not being able to control or change someone
- My inferiority, inadequacy
- Criticism
- Expressing ideas or feelings
- Getting trapped
- Exposure, embarrassment

Fears Matrix

#	Column 1 Who or what? (people, institutions, God, potential events, realities)	Column 2 Why? (1-3 sentences, the shorter the better; why am I fearful of this?)	Column 3 How does this fear hurt me? (self-esteem, personal relationships, material loss, emotional hurt, bodily harm, social ambitions, material ambitions, sexual ambitions)	Column 4 My part? (1-3 sentences; how has this fear shaped me into who I am today?)	Column 5 My character defects? (which character defect is most prominent in this fear? usually just one, no more than three)
1					
2					
3					
...					

Fears “What” Trigger List

- Abandonment
- Aging
- Anger
- Authority figures
- Being alone
- Being deceived
- Being found out
- Being myself
- Change
- Compliments
- Confrontation
- Creditors
- Death
- Denial, my
- Disapproval
- Disease
- Divorce
- Embarrassment
- Employment
- Facing myself
- Failure
- Feelings
- Financial insecurity
- Flying
- Fourth & fifth steps
- Future, the
- Getting fat or thin
- God
- Going home
- Going out on a “whim”
- Having children
- Homelessness
- Homosexuality
- Honesty
- Humiliation
- Hurting others
- Incarceration
- Intimacy
- IRS, the
- Letting go
- Living
- Loneliness
- Losing hope
- Love
- Mediocrity
- Money
- Needing anyone
- Not being good enough
- Not being happy
- Not being liked
- Not being perfect
- Police, the
- Poverty
- Procrastination
- Rape
- Rejection
- Relationships
- Resentments, my
- Responsibility
- Risks
- Saying that I can’t do something
- Sex
- Sponsor, my
- Success
- Unemployment
- Unknown, the
- Violence
- Work

Misconduct Matrix

#	Column 1 Whom have I harmed?	Column 2 What did I do? (1-3 sentences, the shorter the better; leave out the disturbing details)	Column 3 How did this misconduct hurt me? (self-esteem, personal relationships, material loss, emotional hurt, bodily harm, social ambitions, material ambitions, sexual ambitions)	Column 4 My part? (1-3 sentences; in what way was my behavior harmful to others?)	Column 5 My character defects? (which character defect(s) led to my misconduct? no more than three)
1					
2					
3					
...					