

## Motives

**Proverbs 17:20** A bad motive can't achieve a good end.

## EGO

**John 5:31** If I were simply speaking on my own account, it would be an empty, self-serving witness.

## Self-Image

**Luke 9:24** Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self.

## Satisfaction

**Proverbs 21:17** You're addicted to thrills? What an empty life! The pursuit of pleasure is never satisfied.



## MOTIVE

Goals - Purpose

## EGO

Identity - Personality

## SELF-IMAGE

Pride - Self-love

## SATISFACTION

Enjoyment - Contentment

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# Step One ~ Week One

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## I ADMIT THAT MY LIFE IS A MESS

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**1 Timothy 1:19** (CEV) *Some people have made a mess of their faith because they didn't listen to their consciences.*

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### Bible Reading: Proverbs 1:3-7

These are the wise sayings of Solomon, David's son, Israel's king-- Written down so we'll know how to live well and right, to understand what life means and where it's going; A manual for living, for learning what's right and just and fair; To teach the inexperienced the ropes and give our young people a grasp on reality. There's something here also for seasoned men and women, still a thing or two for the experienced to learn-- Fresh wisdom to probe and penetrate, the rhymes and reasons of wise men and women. Start with God-the first step in learning is bowing down to God - only fools thumb their noses at such wisdom and learning.

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### Ecclesiastes 7:29

God made men and women true and upright;  
we're the ones who've made a mess of things.

## THE TWELVE STEPS

1. I admit that my life is a mess and I am out of control.
2. I believe God exists, that he cares about me and He can help me to regain control of my life.
3. I am making a decision to let God help me change and commit to working with Him to do so.
4. In order to help me change, I will investigate and record with God's help - my sinful habits and attitudes.
5. On completion of my list of sinful habits, I will confess them to God and to someone that I trust.
6. After discovering my sinful habits and attitudes and confessing them, I am now willing to let God change me.
7. Through acknowledgement of God's supreme power, I humbly ask Him to help me change my sinful habits and attitudes.
8. As part of the process of change, I will identify and record everyone I have harmed and through prayer become willing to make restitution to them.
9. Having identified the people, I have harmed, I will now go and make restitution to them. Unless to do is going to cause them or other pain or suffering.
10. Now that I am in the process of change, I will check myself daily to make sure I am not slipping back into my old ways and if I am, I will take steps to rectify it.
11. In order to discover God's purpose for my life, implement it and to improve my relationship with Him, I will spend time daily in prayer, reading the Bible and meditating on it.
12. Having gone through these steps and discovering the importance of individual relationship with God through Jesus, I will try to live according to His principles and to lead others to personal relationship with Him.

## TRUSTING GOD IN YOUR MESS

**Psalms 56:8** You keep track of all my sorrows.

**Psalms 139:5** You go before me and follow me.

### **Isaiah 55:8-9**

"My thoughts are nothing like your thoughts," says the Lord.  
"And My ways are far beyond anything you could  
imagine."

### **Romans 8:28**

God causes everything to work together for the good of  
those who love God and are called according to His  
purpose for them.

**Deuteronomy 32:4** He is the Rock; His deeds are perfect.  
Everything He does is just and fair. He is a faithful God who  
does no wrong.

**James 1:3** When your faith is tested, your endurance has a  
chance to grow.