



A-C-T-I-O-N

Even after taking the first two steps we can still be stuck in the cycle of failure: guilt – anger – fear – depression. How do we get “unstuck”? How do we get past the barriers of pride, fear, guilt, worry, and doubt that keep us from taking this step? The answer is we need to take ACTION!

ACCEPT Jesus Christ as your Higher Power and Saviour! Make the decision to ask Jesus into your heart. Now is the time to commit your life, to establish that personal relationship with Jesus that He so desires.

“If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved” (Romans 10:9).

COMMIT to seek and follow His will! We need to change our definition of willpower: Willpower is the willingness to accept God’s power. We see that there is no room for God if we are full of ourselves.

“Teach me to do your will, for you are my God; may your good Spirit lead me on level ground” (Psalm 143:9-10).

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TURN it over “Let go; let God!” Turn over all the big things and the little things in your life to your Higher Power. Jesus Christ wants a relationship with ALL of you. What burdens are you carrying that you want to **TURN OVER** to God?

“Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls” (Matthew 11:28–30, TLB).

IT’S only the beginning In the third principle we make only the initial decision, the commitment to seek and follow God’s will. Our walk with our Higher Power, Jesus Christ, begins with this decision and is followed by a lifelong process of growing as a Christian.

“God who began the good work within you will keep right on helping you grow in his grace until his task within you is finally finished” (Philippians 1:6, TLB).

ONE day at a time Recovery happens one day at a time. If we remain stuck in the yesterday or constantly worry about tomorrow, we will waste the precious time of the present. We can only change our hurts, hang ups and habits in the present.

“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time” (Matthew 6:34, TLB).

NEXT How do I ask Christ into my life? Ask yourself the following four questions, and if you answer yes to all of them, pray the prayer that follows them. That’s it. That’s all you have to do!

How to Establish a “Spiritual Base” for My Life

Do I: Believe Jesus Christ died on the cross for me and showed He was God by coming back to life (1

Corinthians 15:2–4)?

Do I: Accept God’s free forgiveness for my sins (***Romans 3:22***)?

Do I: Switch to God’s plan for my life (***Mark 1:16; Romans 12:2***)?

Do I: Express my desire for Christ to be the director of my life (Romans 10:9)?

Think/write/discuss

1. What differences have you noticed in your life now that you have accepted Jesus Christ as your Higher Power?

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2. How has your definition of willpower changed since you have been in recovery?

3. What have you been able to turn over to God? And what do you fear turning over to Him?

4. What is keeping you from turning them over?

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5. What does the phrase, “live one day at a time” mean to you?

6. What is the major concern in your life?

Principle 3 Verses

“If you confess with your mouth, ‘Jesus is Lord,’ and believe in your heart that God raised him from the dead, you will be saved. (Romans 10:9).

“If you had faith even as small as a mustard seed you could say to this mountain, ‘move!’ and it would go far away. Nothing would be impossible” (Matthew 17:20, TLB).

“Come to me and I will give you rest—all of you who work so hard beneath a heavy yoke. Wear my yoke—for it fits perfectly—and let me teach you; for I am gentle and humble, and you shall find rest for your souls; for I give you only light burdens” (Matthew 11:28-30, TLB).

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“Commit everything you do to the Lord. Trust him to help you do it and he will” (Psalm 37:5, TLB).

“Lead me; teach me; for you are the God who gives me salvation. I have no hope except in you” (Psalm 25:5, TLB).

“Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead” (2 Corinthians 1:9).

“Teach me to do your will, for you are my God; may your good Spirit lead me on level ground” (Psalm 143:10).

“In everything you do, put God first, and he will direct you and crown your efforts with success” (Proverbs 3:6, TLB).

Prayer

“Dear God, I have tried to do it all by myself, on my own power, and I have failed. Today I want to turn my life over to You. I ask You to be my Lord and my Saviour. You are the One and only Higher Power! I ask that You help me think less about me and my will. I want to daily turn my will over to You, to daily seek Your direction and wisdom for my life. Please continue to help me overcome my hurts, hang-ups and habits; that victory over them may help others as they see Your power at work in changing my life. Help me to do Your will always. In Jesus’ name I pray, Amen.”

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