Lesson 6

Action

Principle 3: Consciously choose to commit all my life and will to Christ’s care and control.

“Happy are the meek.”

Step 3: We made a decision to turn our lives and our wills over to the care of God.

“Therefore I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.” (Romans 12:1)

Think About It

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 Savior

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 declare with your lips, Jesus is my Lord,’ and believe in your heart that God raised him from the dead, you will be saved” (Romans 10:9 GNB)

C  

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)

T  

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

“I 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).

I  

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 to helping you grow in his grace until his task within is finally finished” (Philippians 1:6 TLB)

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 to Establish a “Spirit Base” for My Life
By Pastor Rick Warren

Do I...

Believe Jesus Christ died on the cross for me and showed he was God by coming back to life (1 Corinthians 15:2-5)?

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 to Christ to be the director of my life (Romans 10:9)?

If you are willing to take this four steps then pray this simple prayer:

Dear God, I believe you sent Your son, Jesus, to die for my sins so I can be forgiven. I’m sorry for my sins and I want to live the rest of my life the way you want me to. Please put Your Spirit in my life to direct me. AMEN.

Write about it

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

2. How has your definition of willpower changed since you have been in the program?
3. What have you been able to turn over to God?

4. What do you fear to turning over to His care?

5. What is keeping you from turning them over?

6. What does the praise “live one day at a time” mean to you?

7. What is a major concern in your life?

8. What’s stopping you from turning it over to your High Power, Jesus Christ?
Principle 3
Verses

“That 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)

“Because of your little faith,” Jesus told them. “For if you had faith even as small as tiny mustard seed you could say to this mountain, ‘Move!’ and it would go far away. Nothing would be impossible.” (Matthew 17:20)

Come to me and I will give you rest—all you who work 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 11:8 TLB)

Commit everything you do to the Lord. Trust him to help you do it and he will. (Psalm 37:20)

“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 your 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)

Afterword

Now that you have completed all six lessons in this guide to the best of your ability, CONGRATULATIONS are most definitely in order! Congratulations!

In Principle 1 you faced your denial and admitted that by yourself you were powerless to manage your addictive or compulsive behavior.

“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)

In Principle 2 you found the hope that God could and would restore you to sanity, and that only He could provide the power for you to recover.

“For God is at work within you, helping you want to obey him, and then helping you do what he wants.” (Philippians 2:13 TLB)

And finally, in Principle 3, you were able to take the action, to make the decision to turn your life and your will over to God’s care and direction.

“And so, dear brothers, I plead with you to give your bodies to God. Let them be a living sacrifice, holy—the kind he can accept. When you think of what he has done for you, is that too much to ask?” (Romans 12:1 TLB)

Now, you are ready to take the next step in your journey on the “Road to Recovery.” The next participant’s guide deals with facing your past—the good and the bad. Principle 4 can be difficult, but remember you’re not going to go through it alone. Your Higher Power, Jesus Christ, and others that He has placed alongside you on your “Road to Recovery” will be with you every step of the way.