

12 Steps to Serenity

Talk-bits

Step #1: Recognizing Our Brokenness

We admitted we were powerless over the effects of our separation from God – that our lives had become unmanageable. **(Note: Read this daily.)**

Sunday, January 8

John 15:1-2

I am the true vine and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he trims clean so that it will be even more fruitful.

Talk-bit: What is an “unfruitful branch” in your life? Does it also have a compulsive/addictive quality about it? What might your life be like if this branch were trimmed away?

Prayer: Lord God, reveal what is “fruitless” and unmanageable in my life.

Monday, January 9

Romans 7:18-19

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. For what I do is not the good I want to do; no, the evil I do not want to do – this I keep on doing.

Talk-bit: Should the Apostle Paul, a forgiven, redeemed, “follower of Jesus” have needed to admit this kind of struggle? Do you need to?

Prayer: God, it is painful to admit my weakness and my failings. Give me strength to be honest.

Tuesday, January 10

(Don't forget to read “Step #1” at the top of the page each day.)

Psalms 6:6-7

I am worn out from groaning; all night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.

Talk-bit: Often our greatest “foes” are the compulsive/addictive behaviors that seem irresistible. Is anyone free from the destructive force of these kinds of foes? What specific foes are wearing you out?

Prayer: Jesus, make me honest with myself and with you about the “foes” in my life that I’m unable to manage.

Wednesday, January 11

Proverbs 28:26

He who trusts in himself is a fool, but he who walks in wisdom is kept safe.

Talk-bit: How is a compulsive/addictive behavior a way that we trust in ourselves? In what way is it NOT a way that we trust in ourselves?

Prayer: Lord Jesus, my compulsive/addictive behaviors neither reflect your wise ways for my life nor do they put me in control of my own life. Cause me to come to terms with my desperate need.

Thursday, January 12

Mark 10:51

“What do you want me to do for you?” Jesus asked him. The blind man said, “Rabbi, I want to see.”

Talk-bit: Before healing him, Jesus made blind Bartimaeus admit his obvious need. Why is it necessary for us to admit that we are powerless over our compulsions and addictions before we can experience real healing?

Prayer: Lord Jesus, dishonesty is easier than humiliation but help me come to terms with which one is necessary for my healing.

Friday, January 13

2 Corinthians 12:9

But (the Lord) said to me, “My grace is sufficient for you, for my power is made perfect in weakness.”

Talk-bit: Describe what you think “weakness” might mean in this verse. Why is it necessary?

Prayer: Mighty God, make me weak so that I can be strong in you and strong for you.

Saturday, January 14

Luke 15:17

When he came to his senses, he said, “How many of my father’s hired men have food to spare, and here I am starving to death!”

Talk-bit: What did it take for the prodigal son to begin recovering from his unmanageable life?

Prayer: Lord God, bring me to my senses.