

12 Steps to Serenity

Talk-bits

Step #2: The Birth of Faith In Us

We came to believe that a power greater than ourselves could restore us to sanity.

(Note: Read this daily.)

Sunday, January 15

Matthew 17:20

He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Talk-bit: Mustard-seed faith is a like a seed of hope that is planted in the soil of confidence that God will take care of you. In what area of your life is God giving you "mustard-seed faith?"

Prayer: Loving God, thank you for the mustard-seed of faith you have planted within me.

Nourish the growth of my faith with trust and confidence in you.

Monday, January 16

Matthew 14:30-31

But when (Peter) saw the wind, he was afraid and, beginning to sink, cried out, "Lord, save me!" Immediately Jesus reached out his hand and caught him. "You of little faith," he said, "why did you doubt?"

Talk-bit: Even Peter struggled with a lack of faith and doubt. In what areas of your life do you struggle with "little faith" and doubt?

Prayer: Forgiving God, forgive me when I lack the faith I need to follow you and allow doubts to block my way to a deeper relationship with you.

Tuesday, January 17

(Don't forget to read "Step #2" at the top of the page each day.)

Mark 9:23-24

"Everything is possible for one who believes." Immediately the boy's father exclaimed, "I do believe; help me overcome my unbelief!"

Talk-bit: We so desperately want to believe, but sometimes we have trouble overcoming our unbelief. What is keeping you from truly believing that a power greater than yourself can restore serenity in your life?

Prayer: Jesus, help me overcome my unbelief.

Wednesday, January 18

Psalm 34:19

The righteous person may have many troubles, but the LORD delivers him from them all;

Talk-bit: Jesus has the power to deliver you from all your troubles. What keeps you from allowing Jesus to deliver you from trouble? What can you do to be more open to Christ's power?

Prayer: Powerful Lord, Thank you for your power that can deliver me from all my troubles. Help me to be more open to your power in my life.

Thursday, January 19

2 Corinthians 1:9

Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.

Talk-bit: Our default mode is self-reliance. What steps of faith do you need to take in your life to rely more on God?

Prayer: Lord Jesus, forgive me when I try to control my life and rely on myself. Help me to trust in you and rely on your ways.

Friday, January 20

Philippians 2:13

For it is God who works in you to will and to act in order to fulfill his good purpose.

Talk-bit: Faith often grows when we begin to see God at work in our lives. List the ways you see God at work in your life. How does this list help you to trust in God?

Prayer: Mighty God, thank you that you are working in my life even when I don't see it. Thank you that your purpose is always good.

Saturday, January 21

Isaiah 40:29

He gives strength to the weary and increases the power of the weak.

Talk-bit: When we rely on our self and we try to control our life we can become weary and weak. In what ways have you experienced God's strength replacing your powerlessness?

Prayer: Lord God, give me your strength and power to bring serenity to life.