

Edward Church

October 5, 2025

A close-up, low-angle shot of a person's legs and feet as they run on a trail. The person is wearing dark brown running shoes with red accents and white socks. The trail is composed of dry, yellowish-brown grass and small, light-colored rocks. The background is a blurred landscape of dry grass and a clear blue sky.

Recovery 12 Steps to Find Peace

Psalm 139:23–24

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**October 5,
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Cleansing & Confession (Steps 4–7)

**Cough It Up –
Spit It Out**

Every Christian Is in Recovery

- **We All Battle Sin, Fear, Pride, Or Shame**
 - **But the Gospel Is a Recovery Story**
- **Steps 1–3 = The Heart Of Discipleship**

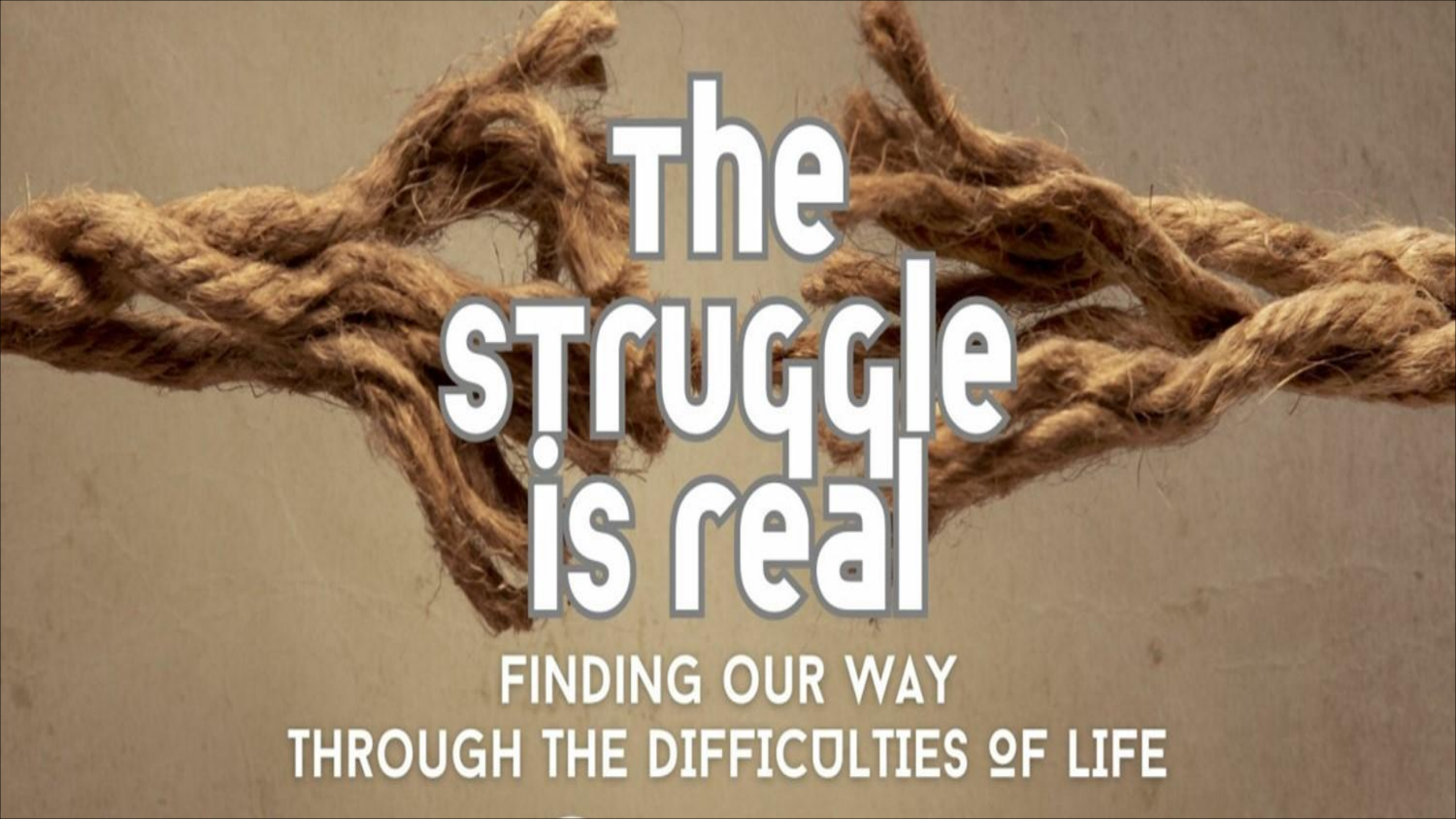
THAT



Every Christian Is in Recovery

- **We All Battle Sin, Fear, Pride, Or Shame**
 - **But the Gospel Is a Recovery Story**
- **Steps 1–3 = The Heart Of Discipleship**
- **Steps 4-7 = Cleansing & Confession**

**Cough It Up
Spit It Out**

A thick, brown, knotted rope is draped across the upper half of the image. The rope is made of multiple strands, giving it a textured, fibrous appearance. It is set against a light brown, textured background that resembles aged paper or a wall. The lighting is soft, highlighting the texture of the rope and the background.

The struggle is real

FINDING OUR WAY
THROUGH THE DIFFICULTIES OF LIFE

Step 1: Admit Powerlessness

Romans 7:18

- *“For I know that nothing good dwells in me, that is, in my flesh. For I have the desire to do what is right, but not the ability to carry it out.”*

Romans 7:18 Amp

For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot perform it. [I have the intention and urge to do what is right, but no power to carry it out.]

THROUGH THE DIFFICULTIES OF LIFE

Step 2: Believe in God's Power

"We came to believe..."

- **Philippians 2:13; Ephesians 3:20**
 - **God Can Do What We Cannot**
 - **His Power Restores And Renews**
 - **The Same Power That Raised Jesus Lives In Us**
- "Faith is plugging into the Source."**

“We came to believe that a power greater than ourselves could restore us to sanity.” Philippians 2:13

Philippians 2:13 Amp

¹³ [Not in your own strength] for it is God Who is all the while ^[a]effectually at work in you [energizing and creating in you the power and desire], both to will and to work for His good pleasure *and* satisfaction *and* delight.



Step 3: Surrender to God's Care

"We made a decision to turn our will / lives over..."

Romans 12:1; Proverbs 3:5–6

- **Belief Must Lead To Surrender**
 - **Surrender Is Not Losing...**
...It's Winning By Letting God Lead
- **God's Care Is Safer Than Our Control**

"A parachute only works if you jump."



The Drowning Man

***“We Can’t Thrash Our Way To Safety..
...We Must Cry For Help.”***

We Need To Connect To God’s Power.







Steps Overview

- **Step 4:** Fearless Moral Inventory
- **Step 5:** Confession to God, Self, and Others
 - **Step 6:** Readiness For God's Change
- **Step 7:** Humble Request For God's Help



Step 4 is about “Courage” -the courage to look inside.

Psalm 139:23–24: *“Search me, O God,/ know my heart; test me / know my anxious thoughts. See if there is any offensive way in me, /lead me in the way everlasting.”*



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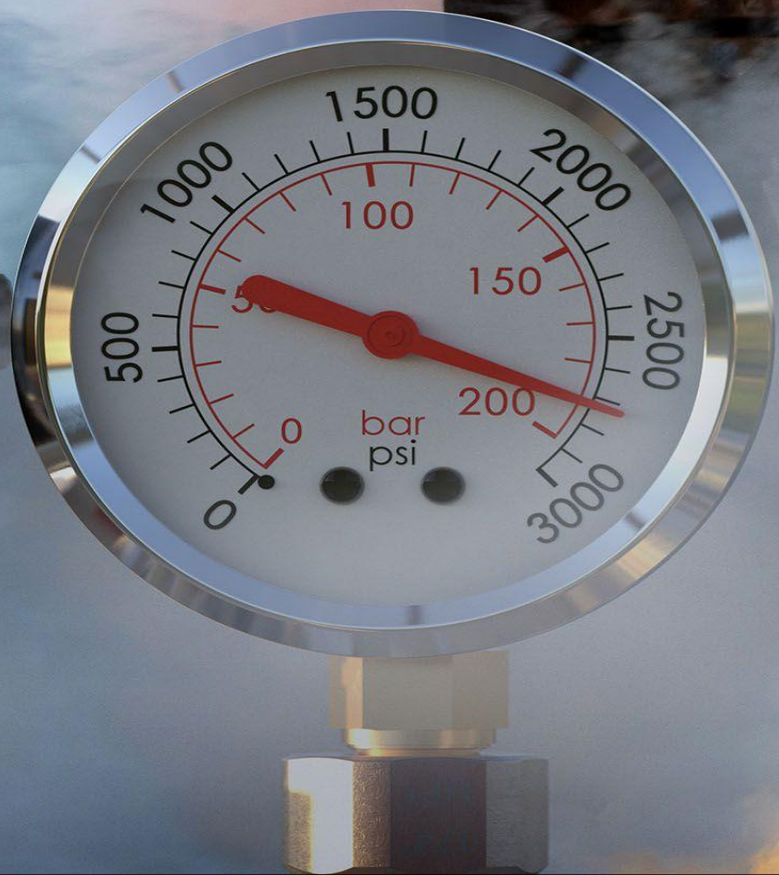
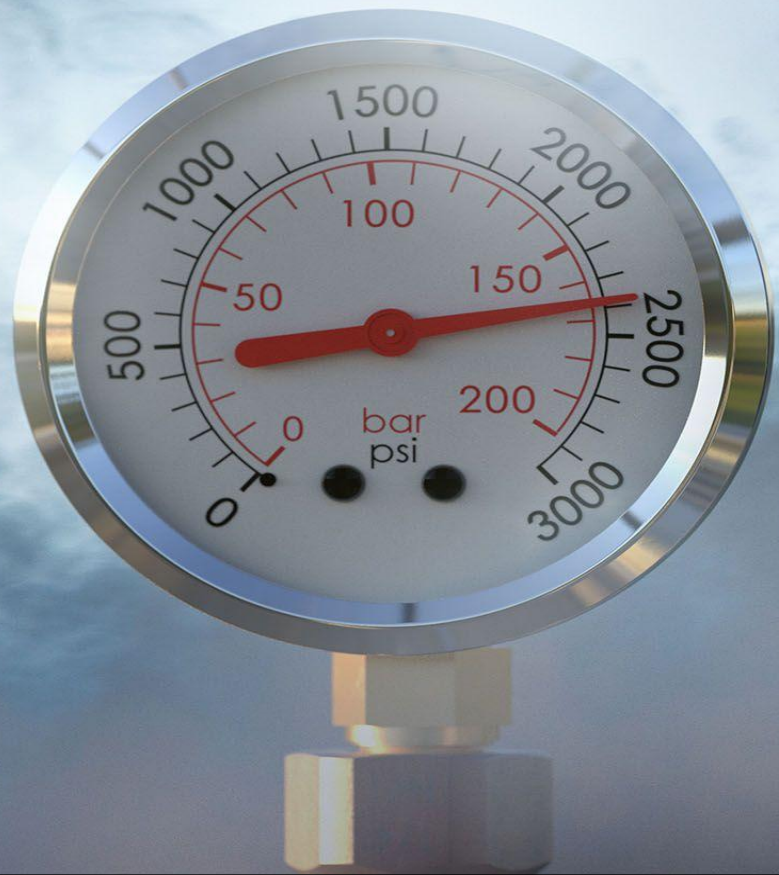
- **This is Not About Dredging Up Shame...**
- **Inviting God’s Light into the Dark Corners of Our Hearts**
 - **His Love Is Not Harsh; It Is Healing**



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- **Inviting God’s Light into the Dark Corners of Our Hearts**
 - **His Love Is Not Harsh; It Is Healing**
 - **Application:**
 - **Be Honest With Yourself—God Already Knows**
- **Trust His Love To Hold You Steady As You Look Within**
- **Remember: His Goal Is Not Exposure But Restoration**



Step 5 is about “Confession” -the freedom of confession

Confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)

- **Confession is not about shame—it’s about freedom.**
- **Junk in the Trunk Keeps Us in Darkness**



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 - **Confession Lets The Light In**
 - **Healing Comes When We Get Real**
- **1 John 1:9**, *“If we confess our sins, He is faithful/ just to forgive us our sins / to cleanse us from all unrighteousness.”*
- **Psalm 32:3–5**, David said when he kept silent, his bones wasted away, but when he confessed, he found forgiveness.

\$5 Cuts

Discount
Dan

1 Fix \$5 Cuts

Quality
Quentin



Step 6 is about “Change” -the readiness for change.

“Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.” (Phil 1:6)

- **Sp 6 is about being ready for God to remove our defects.**

- **This is where willingness meets surrender.**

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 - **This is where willingness meets surrender.**
 - **We can't change ourselves...**
...but we can be ready for God to change us.
 - **Readiness means we stop clinging to our old ways..**
...open our hands to God's new work.
 - **Ezekiel 36:26,***“I will give you a new heart/ put a new spirit in you.”*
 - **2 Cor 5:17,***“If anyone is in Christ, the new creation has come: The old has gone, the new is here!”*



Step 7 is about “Cry” -the humility to ask

Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time.” (1 Peter 5:6)

- **Sp 7 is about humbly asking God to remove our shortcomings.**
- **Humility is not thinking less of yourself,**
 - **but thinking of yourself less.**

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- **Sp 7 is about humbly asking God to remove our shortcomings.**
 - **Humility is not thinking less of yourself,**
 - **but thinking of yourself less.**
 - **It’s admitting: “God, I can’t fix me. But You can.”**
 - **God delights in answering the humble prayer for help.**
 - **Matthew 7:7, “Ask and it will be given to you.”**
 - **Psalm 51:10, “Create in me a clean heart, O God, and renew a right spirit within me.”**



Steps 4–7 Are Not A March Through Shame...

...But A Walk w- A Gentle Shepherd

- In Step 4, He Examines Us with Compassion**
- In Step 5, He Listens To Our Confession with Mercy**
- In Step 6, He Shapes Us with Patience**
- In Step 7, He Lifts Us with Love**



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- The God who began this work in you will not abandon you
...His love is gentle, His grace is sufficient,
...His power is made perfect in your weakness.**

Psalm 34:4 God
delivered me
from all my
fears.



Psalm



**Recovery is Not About Perfection...
....It's About Progress.**

**God Doesn't Just Forgive...
...He Transforms.**

FALL
SEVEN TIMES
GET UP
EIGHT