

Edward Church

October 12, 2025

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

Recovery 12 Steps to Find Peace

Psalm 139:23–24

Edward Church

October 19, 2025

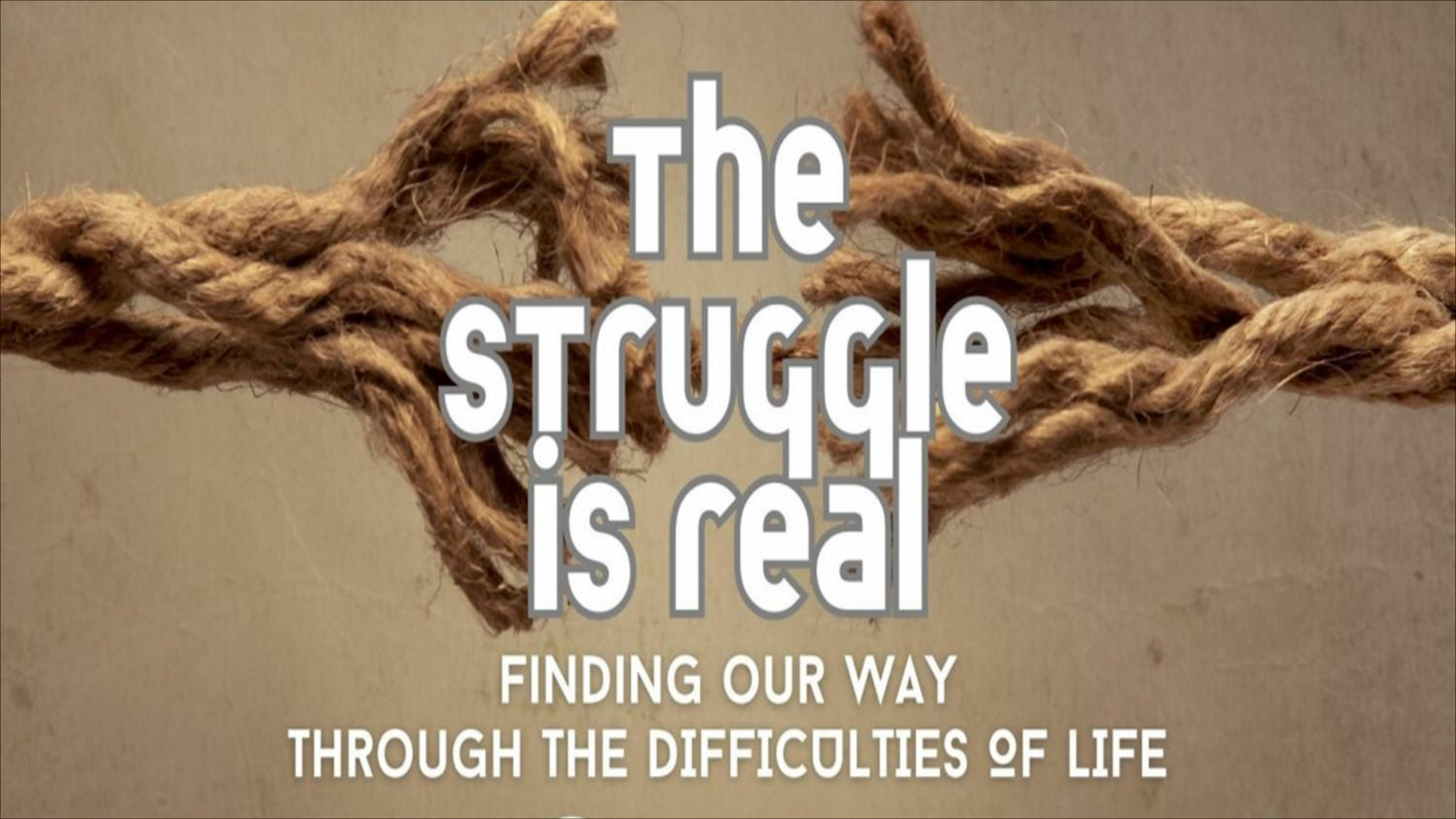
***“Keeping Your
List Short”
(Step 10)***

**Making Sure the
Check Doesn’t
Bounce**

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**
- **Steps 8-9 = The Courage to Make Things Right**

Come Together

A thick, brown, knotted rope is draped across the upper half of the image. The rope is made of natural fibers and has a complex, multi-looped knot. The background is a textured, light brown surface, possibly a wall or a piece of fabric, with some subtle variations in tone and texture.

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

“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 2: Believe in God's Power

"We came to believe..."

- Philippians 2:13; Ephesians 3:20

Step 3: Surrender to God's Care

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

Romans 12:1; Proverbs 3:5–6

His good pleasure *and* satisfaction *and* delight.



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

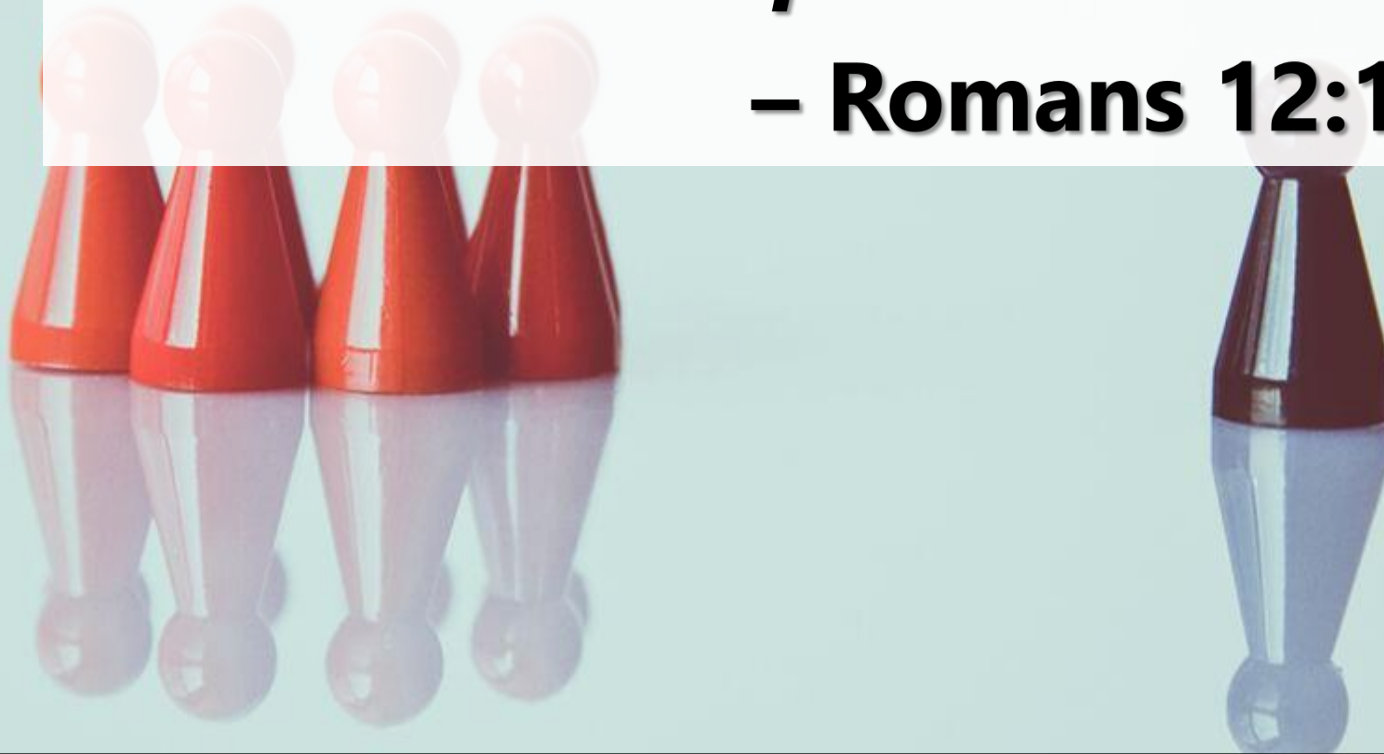
The Courage to Make Things Right

Steps 8 & 9

If it is possible,
as far as it depends on you,
live at peace with everyone.

***“If it is possible, as far as it depends on you,
live at peace with everyone”***

– Romans 12:18



Step 10:

“We continued to take personal inventory and when we were wrong, promptly admitted it.”

Danger:

Letting Resentments, Guilt, and Sin Pile Up

- **Jesus: *“First be reconciled...”* (Matt. 5:23–24)**



PSALMS 26:2

**TEST ME, LORD, AND TRY ME,
EXAMINE MY HEART
AND MY MIND.**



PSALMS 26:2



Daily Inventory

Lamentations 3:40;

Psalm 139:23–24;

Ecclesiastes 10:1

Truth:

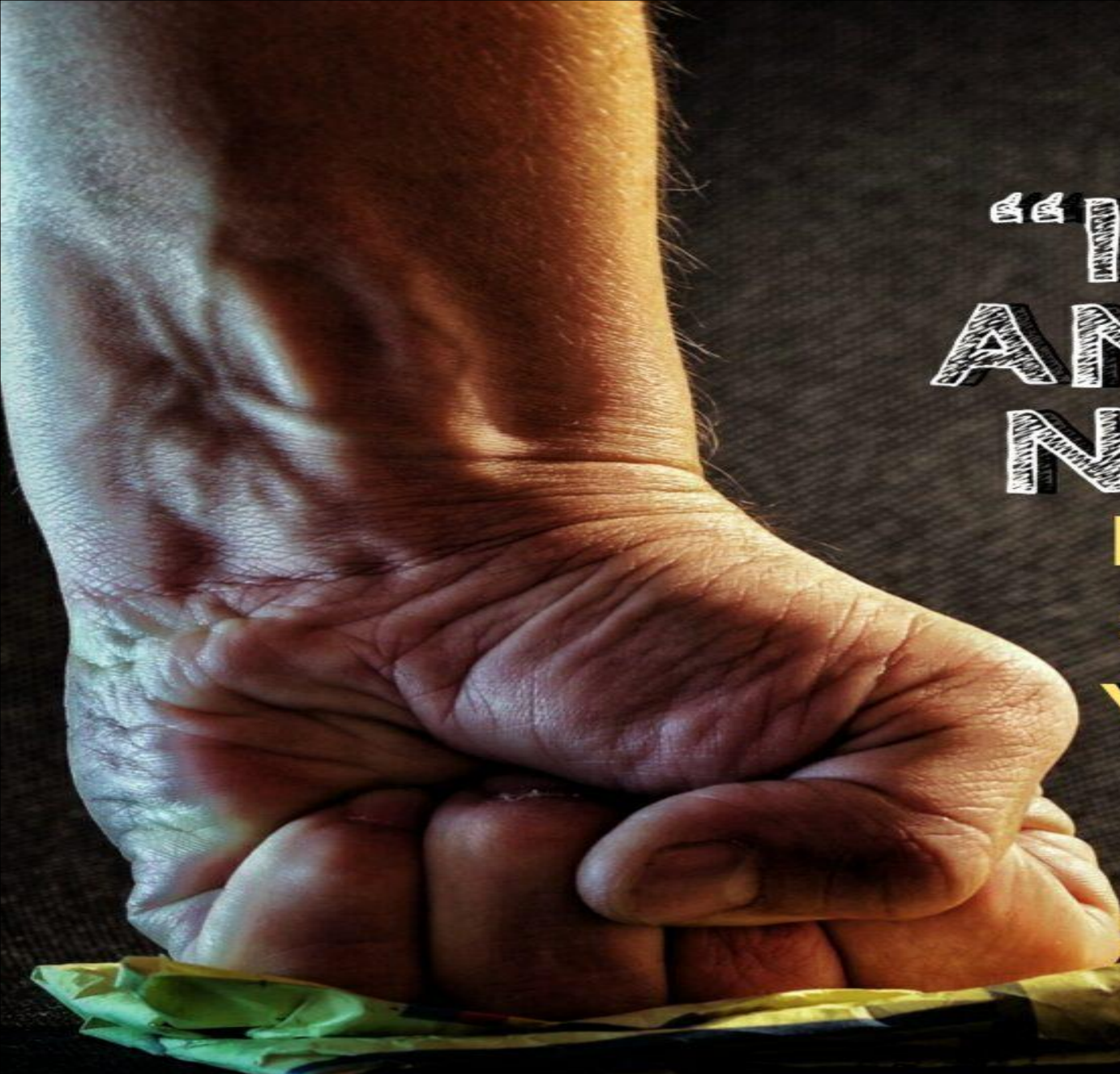
- Daily self-examination prevents spiritual decay
 - Pilot's pre-flight checklist
 - Benjamin Franklin's Moral Notebook



**"IN YOUR
ANGER DO
NOT SIN"**

**Do not let the
sun go down
while you are
still angry**

Ephesians 4:26 NIV



Prompt Admission

- **Ephesians 4:26**
- **Proverbs 28:13**
- **Numbers 32:23**

Truth:

- **Admit wrongs quickly—don't give the enemy a foothold**
 - **Roman soldiers burying waste to prevent disease**
 - **Library book fines piling up**

NOBODY IS TOO
BROKEN FOR THE
GRACE OF GOD



Confession and Cleansing

1 John 1:9

James 5:16

Truth:

- Confession is Cleansing, Not Condemnation
 - Taking out the trash daily
 - *Kintsugi* pottery—brokenness repaired with gold

*"He caused the storm to be still,
So that the waves of the sea
were hushed." Psalms 107:29*



Making Amends Quickly

- **Matthew 5:24**
- **Romans 12:18**
- **Leviticus 6:4–5**
- **Song of Solomon 2:15**

Truth:

- **Confession + Restitution Restores Fellowship**
- **Panama Canal tugboats make small corrections**
 - **Corrie Ten Boom Forgiving a Nazi Guard**
 - **Tugboat Guiding a Massive Ship**

NOBODY IS TOO
BROKEN FOR THE
GRACE OF GOD



Conclusion

Keep Your List Short By:

- **Examining Daily**
- **Admitting Promptly**
- **Confessing Honestly**
- **Reconciling Quickly**
- **Trust God to Fill in the Gaps**

YOUR LIST IS TOO
BROKEN FOR THE
GRACE OF GOD



A young girl with dark hair, wearing a pink halter-neck dress, is seen from behind as she climbs a wide, light-colored stone staircase. A metal railing with vertical balusters is on the right side of the stairs. The scene is brightly lit, suggesting a sunny day.

Dear
LORD,

Help me to keep going.
Each step gets harder
but help me not to stop.
I know the view is beautiful
with you at the top.

Closing Prayer

“Lord, Thank You for Step 10

**Teach us to examine ourselves, admit wrongs quickly,
confess boldly, and make amends promptly.**

**Help us to keep our list short,
so nothing stands between us and You,
or between us and others.**

In Jesus’ Name, Amen.”

with you at the top.