



Edward Church

October 12, 2025

# Recovery 12 Steps to Find Peace

Psalm 139:23-24

# ***“Keeping Your List Short”***

**(Step 10)**

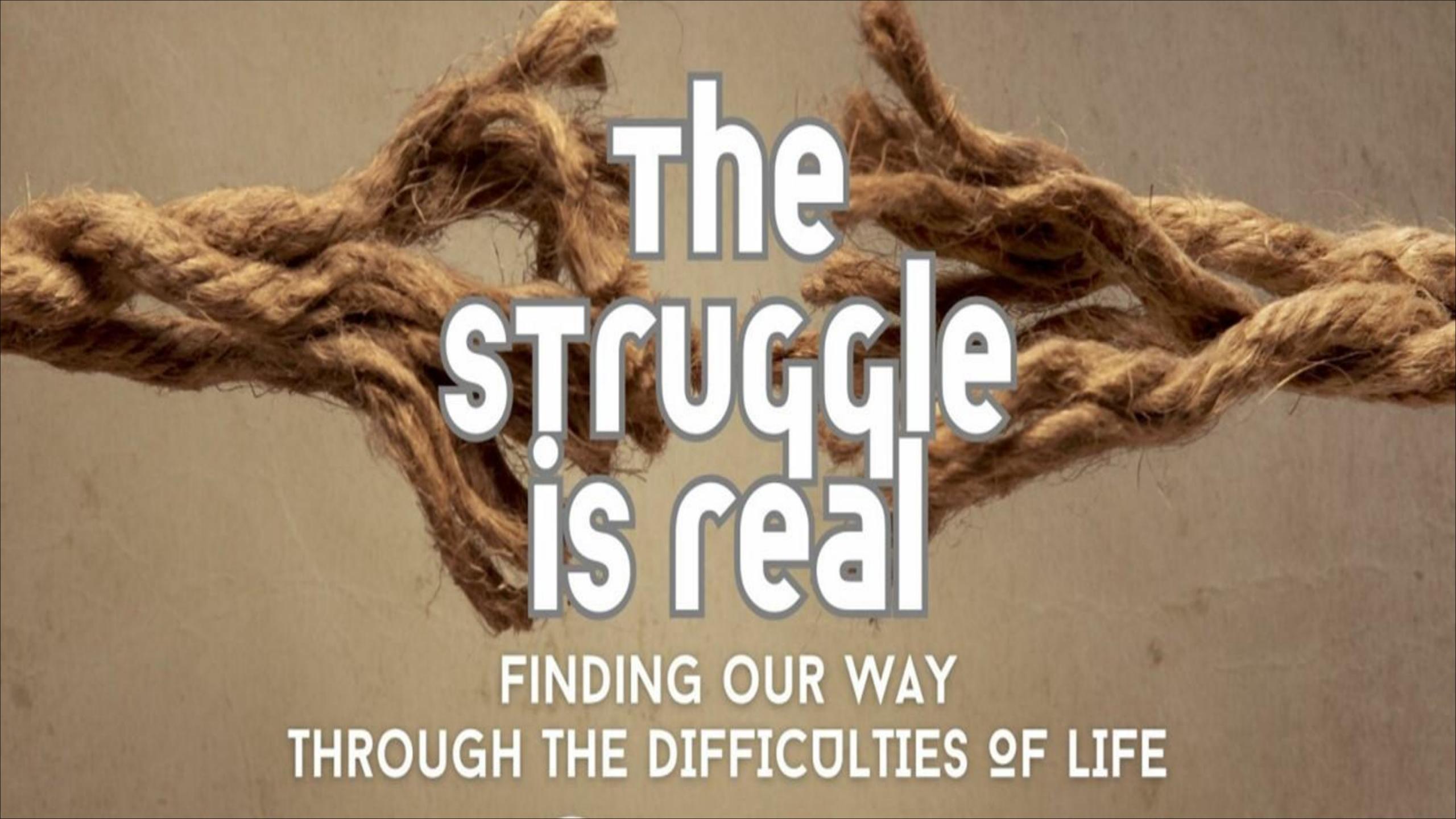
**Making Sure the  
Check Doesn’t  
Bounce**



## 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



# 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...”*

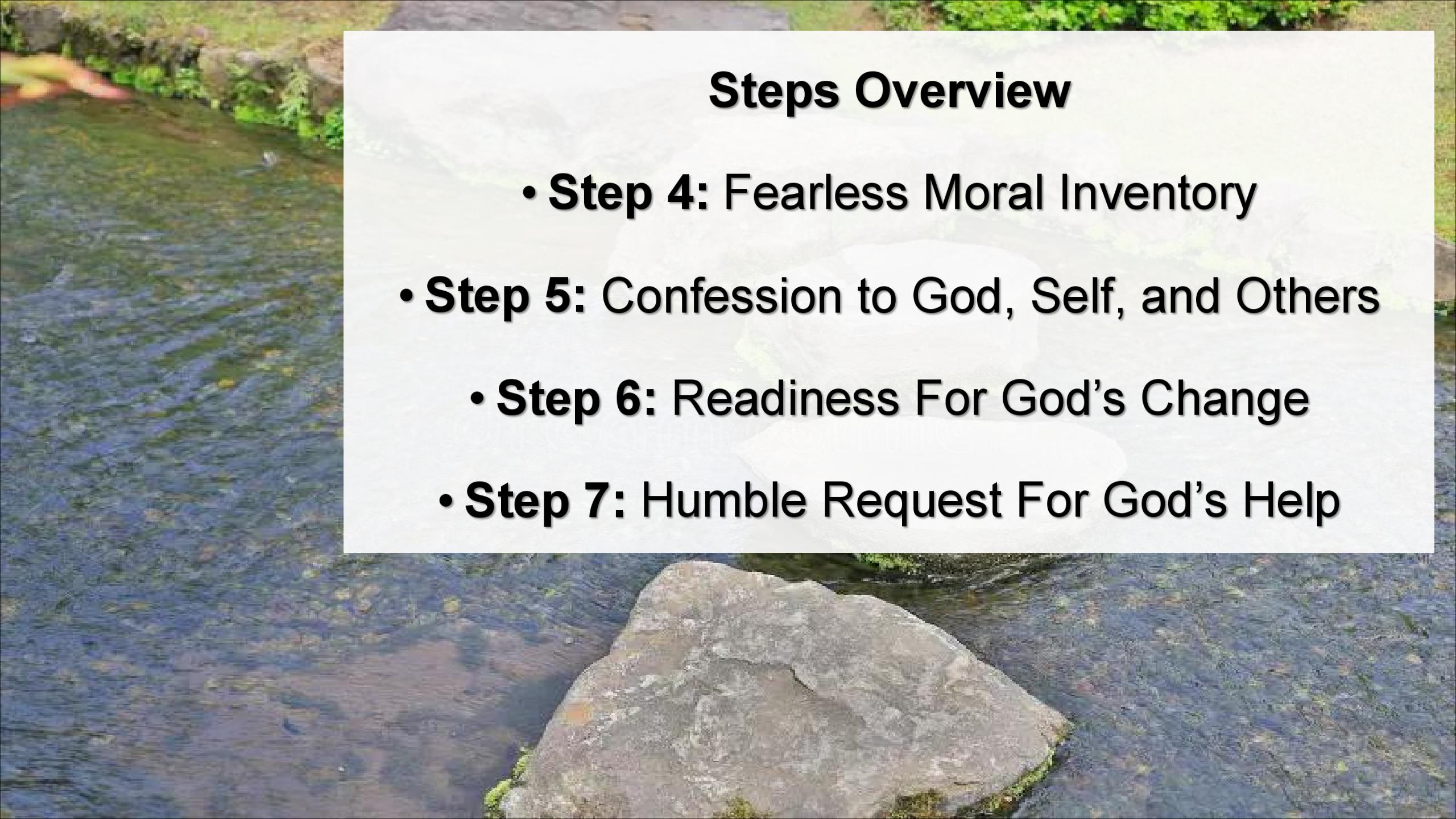
- Philippians 2:13; Ephesians 3:20

## **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:

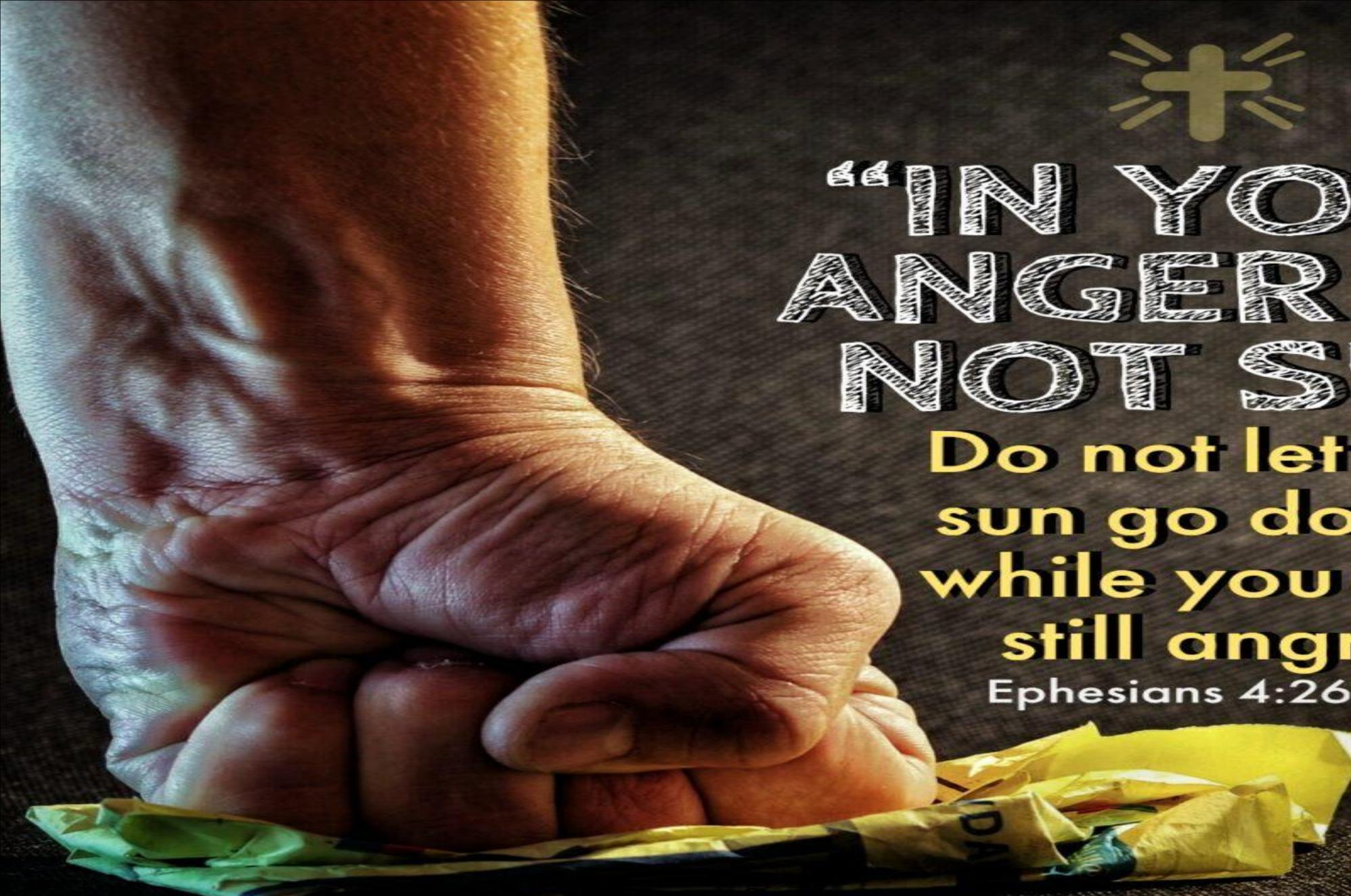
- Daily self- examination prevents spiritual decay
  - Pilot's pre- flight checklist
  - Benjamin Franklin's Moral Notebook



**“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*

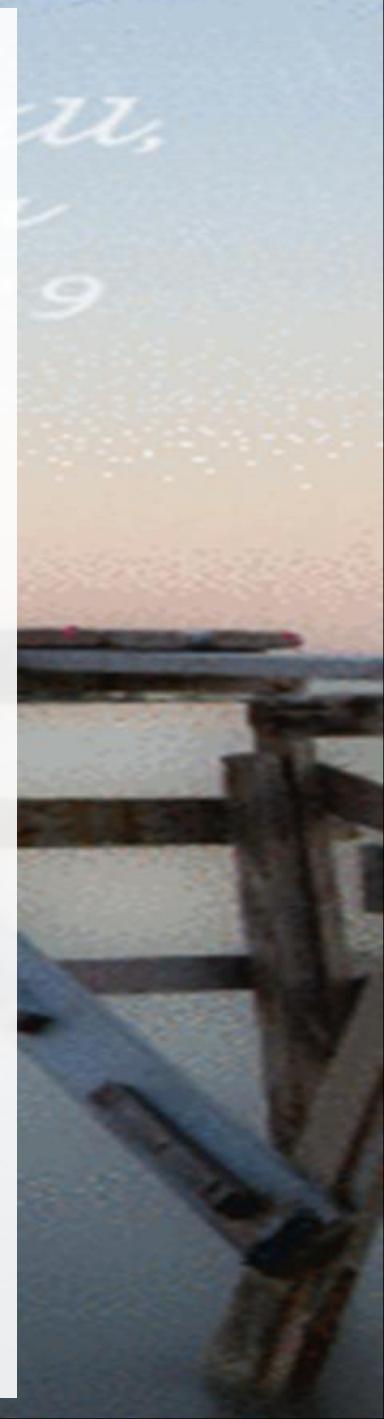


# Making Amends Quickly

- 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



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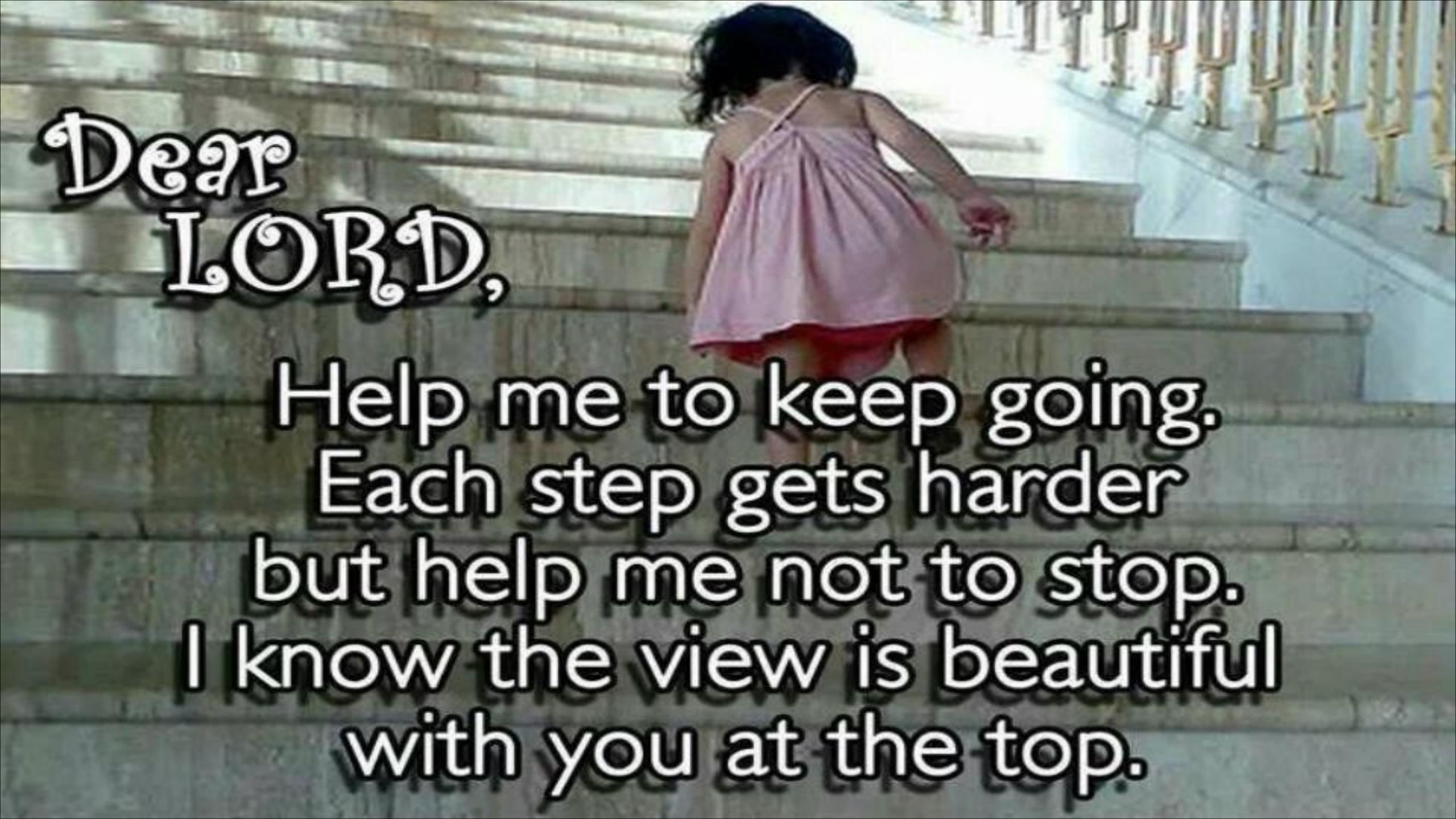


# Conclusion

**Keep Your List Short By:**

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



A woman with dark hair tied back is seen from behind, wearing a pink sleeveless dress. She is climbing a wide set of light-colored stone steps. The steps lead up towards a building with a balcony and gold-colored railings. The scene is outdoors with some greenery visible at the bottom.

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.**