

Week 1, January 6th:

Step 1: We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

"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." - Romans 7:18 NIV

Principle 1: Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

"Happy are those who know that they are spiritually poor." Matthew 5:3a TEV

There are two lessons that go along with Step 1:

1) Denial: (What does denial do in our lives?)

- a) **D:** _____
- b) **E:** _____
- c) **N:** _____
- d) **I:** _____
- e) **A:** _____
- f) **L:** _____

Four actions we must take when we admit we are powerless (according to Step 1 and Principle 1):

- 1) _____
- 2) _____
- 3) _____
- 4) _____

2) Powerless (We begin to give up these "serenity-robbers")

- a) **P:** _____
- b) **O:** _____
- c) **W:** _____
- d) **E:** _____
- e) **R:** _____
- f) **L:** _____
- g) **E:** _____
- h) **S:** _____
- i) **S:** _____