

## **Inward Recovery & Discipleship**

Where the Twelve Step Programs and the Bible agree. This is a program of action . . . inward action. We commit to inward formation with God's good.

**God Reliance** - Inwardly we redirect our cognitive attention to trusting God instead of ourselves. We correct ourselves toward sincere truth.

**Self-examination** - We evaluate our own thoughts, words, actions, and desires for Good & Evil. We continue to identify where we can grow.

**Confession** - We confess what we learn with another person and God.

**Repentance** - We adjust ourselves to better abide in God's good. We discuss our formation goals with a mentor or partner and God. We evaluate ourselves daily and pray for strength to continue growing in good.

**Restitution** - We humbly amend wrongs we have done to ourselves and others. We practice building more love and peace inwardly and outwardly.

**Meditation** - We Ponder God's good inwardly and outwardly while learning how it is helpful and right. We seek to better understand our inward thoughts, feelings, and sensations.

**Prayer** - We sincerely pray for guidance to do the will of God and the strength to carry it out. We pray for progress and listen to our inward senses. We pray for freedom from evil thoughts and actions.

**Building love and serenity** - As we experience deeper love and serenity, we can reflect upon how to discuss it with others. We share how we practiced the steps and the results we experienced;—freedom, confidence, and renewed faith. We patiently and humbly help others. We invite, encourage, and demonstrate. We practice speaking the truth boldly, patiently, and gently. We share our own experience.

**Progress, not perfection** - We examine ourselves for progress daily. We seek to improve and grow with God's good. If we are not making progress, we can pray for willingness, honesty, humility, and strength.

This group will involve prayer, meditation, sharing experiences, instructions from approved literature, and fellowship. We will use the Bible, Alcoholics Anonymous, and the 12 X 12 for our literature references — how they relate and agree. We will also share from our own personal experiences through applying these practices and principles.

## **The role of cognitive dissonance**

As we shift into new corrective action we each will experience cognitive dissonance. This necessary uncomfortable position places us consciously aware of two opposing ideas and choices; correcting ourselves with God's good or obeying contrary desires, habits, and interests.

The first step often involves a mental self-discipline of maintaining a conscious focus upon the path of correction. It's like standing before a 'Y' in the road while holding ourselves there. We hold ourselves in the position of examining the choices. We search the possibilities of each path. We apply more time and energy with this exploration of new opportunities.

Our automatic pilot or habitual response will be seeking to move us in a familiar direction. This is where we can pause and examine a new improved and different path with God. This new action can involve uncertainty, fear, intimidation, discomfort, and unfamiliarity. Our goal is to concentrate upon the good path and better understand how it is right. We are to convince ourselves to practice and learn more about it. Many have found much good in this path and have chosen to grow in it. Although many of us can find a comfort zone with our growth and cease improvement. The instructions tell us to continue.

It is helpful and good to maintain evaluating the two opposing options for the purpose of growing improved understanding of the good path. We can compare and contrast the possible results that may come from each path. We can think forward down each path and anticipate the likely results of our choices—what they would be like over time.

This inward juxtaposition is needed for increased understanding of the new possibilities. As we continue in this evaluative position we can gradually learn more about a new path and increase confidence to walk it. With each step down a new path we can learn more. The further we go, the more we can learn. God will teach us more and more as we go.

## **Pettiness Prayer**

Keep us, oh God, from pettiness;  
let us be large in thought,  
in word, in deed.

Let us be done with fault-finding  
and leave off self-seeking.

May we put away all pretense  
and meet each other face to face,  
without self-pity and without prejudice.

May we never be hasty in judgment  
and always generous.

Let us take time for all things;  
and to grow calm, serene, gentle.

Teach us to put into action  
our better impulses,  
straightforward and unafraid.

Grant that we may realize it is  
the little things that create differences,  
that in the big things of life we are at one.

And may we strive to touch and to know  
the great, common human heart of us all.

And, oh Lord God, let us forget not  
to be kind!

Group Night - Snacks & Fellowship - Brief prayer about how to add God into the fellowship. Duties for team building. Question box.

Prayer of St. Francis cards, 3rd step prayer cards

Discussions on the will of God - personal experiences with growth

Between Groups - Meet ups for personal experience shares, working through cognitive dissonance, encouragement, etc.. Also, go outward to share and handout invitations to the group, inform others, etc.

Preferences - A designated space with ability to decorate with scripture references—instructions on how to think and behave.

Examples - Great commandment, faith without works is dead, good works, do the will of god, character traits describing god,