

Week 10

Step 10: We continue to take personal inventory and when we were wrong, promptly admitted it.

“So, if you think you are standing firm, be careful that you don't fall!” -1 Corinthians 10:12

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

There are two lessons that go along with Step 10: Looking at how we live out our recovery

1) One, Crossroads:

Step 10 (**TEN**) is made up on three key parts of our recovery journey:

- A) The _____
- B) The _____
- C) The _____

When we evaluate each part of Step “10” (acrostic we will use is **TEN**), there are three things that we need to do that go along with the three key parts of our recovery journey:

A) **T** _____ : the *what*

We must ask ourselves five questions:

- 1) What _____ did I do today?
- 2) In what areas did I _____ it today?
- 3) Did I do or say anything that _____ someone today?
- 4) Do I owe anyone _____ ?
- 5) What did I learn from my _____ today?

B) **E** _____ : the *why*

C) **N** _____ : the *then what*

2) The second lesson that goes along with Step 10 is Daily Inventory:

Three hints to help you get started on inventory:

A) Write down just one thing that happened in particular for which you are

- B) Ask your _____ or _____ to hold you accountable for writing in your journal nightly
- C) Memorize _____ (the fruits of the spirit)

Questions we can use daily to prompt our writing (start each answer with “Today,...”):

- A) How did I show _____ for another? Did I act unloving toward anyone?
- B) Did others see in me the _____ of having a personal relationship with The Lord? If not, why?
- C) How was my serenity, my _____? Did anything happen that caused me to lose it? What was my part in it?
- D) Was I _____ (forbearing)? What caused me to lose my patience? Do I owe anyone amends?
- E) Would anyone say that I was _____? In what ways did I act unkind?
- F) How was my _____? Did I keep my word with everyone?
- G) How was my _____ and _____? Did I lose my temper, speak a harsh or unkind word to someone?

Three suggestions of how often we should do inventory:

- A) _____ inventory: throughout the day
- B) _____ inventory: at the end of the day, look at the good and the bad (spend about 15 min before bed)
- C) _____ inventory: about every three months (get alone and spend time with God to go over your inventory and journaling; ask God to show you where you can improve)

Step 10 Daily Action Plan:

- A) Continue to take daily inventory, and when you are wrong, _____ make your amends
- B) Summarize the events of your day in your _____
- C) Read and memorize one of the Principle 7a verses on page 33 of Participant Guide 4
- D) Work _____ steps and principles to the best of your ability