

Week 4

Step 4: We made a searching and fearless moral inventory of ourselves.

“Let us examine our ways and test them, and let us return to the Lord.” -Lamentations 3:40 NIV

Principle 4: Openly examine and confess my faults to myself, to God, and to someone I trust.

“Happy are the pure in heart.” -Matthew 5:8a TEV

There are five lessons that go along with Step 4:

1) The first lesson is -Sponsor:

Five questions we will need to answer about a sponsor:

- A) The first question we ask about a sponsor is -Why do I need a sponsor and/or accountability partner?
- 1) It's _____
 - 2) It's a _____ part of the recovery program
 - 3) It's the best guard against _____
- B) The second question we ask about a sponsor is -What are the qualities of a sponsor?
- 1) Walk match his/her _____? Is he/she _____ the eight principles?
 - 2) Does he/she have a _____ relationship with Christ?
 - 3) Does he/she express desire to _____ others in recovery?
 - 4) Does he/she show compassion, care, and hope but not _____?
 - 5) Is he/she a good _____?
 - 6) Is he/she strong enough to _____ denial and procrastination?
 - 7) Does he/she offer _____?
 - 8) Can he/she share his/her own current _____ with others?
- C) The third question about a sponsor is -What is the role of a sponsor?
- 1) Be there to discuss issues in _____ that are too personal or time consuming for a meeting.
 - 2) Be available in times of _____ or potential _____.
 - 3) Serve as a sounding board providing an _____ point of view.
 - 4) Be there to encourage you to work the principles at your own _____.
 - 5) Most importantly, attempt to model the _____ that results from working the eight principles.
 - 6) He/she can _____ or be _____.

D) The fourth question about a sponsor is -How do I find a sponsor and or an accountability partner? Five things:

- 1) The person MUST be the same _____ as you.
- 2) Can you relate to the person's _____?
- 3) _____
- 4) Ask someone, and if they say no, don't get _____.
- 5) Most importantly, ask _____ to lead you to who He has chosen.

E) The fifth and final question about a sponsor is -What is the difference between a sponsor and an accountability partner?

1) A sponsor:

- A) Someone who has completed the _____ Celebrate Recovery participant guides AND who has worked through the eight principles and the 12 steps.
- B) Someone who meets the ___ requirements (the "role of a sponsor")
- C) Someone who guides you through the program like a "_____"

2) An accountability partner:

- A) Someone you ask to hold you _____ for certain areas of recovery such as meeting attendance, journaling, and so forth.
- B) They can be the _____ level as recovery as you are (whereas a sponsor is one who should have completed the eight principles or 12 steps)
- C) Someone who encourages you like a "_____"
- D) You can form an accountability team of _____ people

2) The second lesson for Step 4 is Moral:

Five things we must do in order to do a MORAL inventory:

M _____

O _____

R _____

A _____

L _____

3) The third lesson for Step 4 is Inventory:

There are five columns that will make up your inventory (Participant Guide 2 has a worksheet)

- 1) Column 1: “The _____” -put the person or object you _____ or fear (as far back as you can)
- 2) Column 2: “The _____” -put specific _____ that person did to hurt you
- 3) Column 3: “The _____” -write down how that specific action _____ your life both in the past and in the present
- 4) Column 4: “The _____” -which basic _____ were injured? -social, security, and sexual
- 5) Column 5: “My _____” -determine if you are at fault at all; if you had been a victim of _____, you in no way had any part or responsibility -you would just write “none” or “not guilty”

4) The fourth lesson for Step 4 is Spiritual Inventory Part 1:

Four areas of our character that we need to look at when doing Part 1 of Spiritual Inventory:

- 1) Relationships with Others: Ask yourself the following questions:
 - a) Who has _____ me?
 - b) Against whom have I been holding a _____?
 - c) Against whom am I still seeking _____?
 - d) Am I _____ of someone?
 - e) Have I tried to _____ my bad attitude by saying it is “their fault”?
 - f) Who have I _____?
 - g) Who have I been _____ of or gossiped about?
- 2) The second area we need to look at is -Priorities in Life: Six questions to ask ourselves:
 - a) After I turned my life and will over to God, in what areas am I still _____ putting God first?
 - b) What in my _____ is interfering with me doing God’s will?
 - c) What have been my _____ in my job? My friendships? My personal goals?
 - d) Who did/do my priorities _____?
 - e) What was/is _____ about my priorities?
 - f) What was/is _____ about my priorities?
- 3) Third, we need to look at -Our Attitude: Five questions to ask ourselves:
 - a) Do I always try to have an attitude of _____, or am I always complaining?
 - b) In what areas of life have I been _____?
 - c) Have I gotten _____ and easily blown up at people?
 - d) Have I been _____?
 - e) What in my _____ is still causing me fear or anxiety?

- 4) The last area we have to evaluate is -Our Integrity: Ask ourselves the following:
 - a) In what past dealing have I been _____?
 - b) Have I _____ things?
 - c) In what areas in my past have I used _____ humility?
 - d) Have I pretended to live one way in front of my _____ friends and another way at home or work?

- 5) The fifth and last lesson for Step 4 is Spiritual Inventory Part 2

There are four more areas of our life we are going to take a look at in Part 2 of our Spiritual Inventory:

- 1) Our Mind: Three questions to ask ourselves about our minds:
 - a) How have I guarded my mind in the past? What did I _____?
 - b) Have I filled my mind with hurtful and _____ movies, internet sites, television programs, magazines, and/or books?
 - c) Have I failed to concentrate on the positive truths of the _____?
- 2) The second area we have to look at is Our Body: Two questions to answer about our bodies:
 - a) In what ways have I _____ my body?
 - b) What activities or habits caused _____ to my physical health?
- 3) The third area we have to evaluate is Our Family: Four questions to answer about our family:
 - a) Have I _____ anyone in my family? How?
 - b) Against whom in my family do I have _____?
 - c) To whom do I owe _____?
 - d) What is the family _____ I have been denying?
- 4) The last area to look at when doing Spiritual Inventory Part 2 is Our Church: Three questions to ask ourselves centered around church:
 - a) One, have I been _____ to my church in the past?
 - b) Have I been _____ instead of active?
 - c) Have I _____ my family's support of their own church?