

# BROKEN

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## *Redefined*

Part 1: Taking the First Steps

January 12 & 13, 2019

Wendy Powell

Community Outreach Pastor

### **The Twelve Steps: A Spiritual Journey**

12 biblical decisions or actions that guide people into deeper relationship with Christ and toward the freedom that only he can offer.

### **Three Places “Stuckness” Hides**

1. Coping mechanisms — ways we numb our pain and check out when life gets overwhelming
2. Self-protection — things we do to create the illusion that we are in control
3. Warped sense of normal — areas in life where we veto God’s perspective

It’s very hard to hang out with Jesus and stay the same.

### **Spiritual Recovery**

The access we give God and the work we cooperate in doing  
to recover the life God intended for us.

### **Step 1**

We admit we are powerless over the effects of our separation from God — that our lives have become unmanageable. (Romans 7:17)

### **Step 2**

We came to believe that a power greater than ourselves named Jesus could restore us to sanity. (Mark 9:23-24)

Step 2 brings us face-to-face with our faith as it really is.

To follow Christ means you’re going somewhere, not standing still, and he is leading.

### **Step 3**

We have made a decision to turn our will and our lives over to the care of God. (Psalm 143:10-11)

Surrender is a mark of spiritual maturity.

You cannot do God’s part, and he will not do yours.

## **God provides what's needed for the journey:**

### **The Destination**

God is able to do more than all we could ask or imagine according to his power at work within us. – Ephesians 3:20

### **Balance**

We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth. – John 1:14

### **Companions**

Our mission is to create authentic Christian community that effectively reaches out in love, acceptance and forgiveness....

### **The Holy Spirit**

For God, who said, “Let light shine out of darkness,” made his light shine in our hearts to give us the light of the knowledge of God’s glory displayed in the face of Christ. But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.  
– 2 Corinthians 4:6-9

## **Next Steps**

- Write out Philippians 2:13 on an index card and tape it up somewhere you will see it every day this winter. *“For God is at work within you, helping you want to obey him, and then helping you do what he wants.”*
- Sign up for 12 Steps or another discipleship class in the Commons today or online at [ctk.church/bellingham/classes](http://ctk.church/bellingham/classes). If you're not sure which opportunity matches the next step God has put before you, talk to someone at the tables today or pick up a CTK Life and see where God leads you.

## **Small Group Questions**

- 1) Have you ever unintentionally started mimicking someone you spend a lot of time with? What mannerisms or favorite phrases did you pick up?
- 2) Have you ever participated the 12 Step Spiritual Journey before (or any similar experience)? What was it like for you?
- 3) Do you know what some of your favorite coping mechanisms are? Even if it's fun at the time, what ways have you seen them hold you back?
- 4) Read Philippians 2:13. In what ways have you experienced God working in you before? Is there a place that you would like Him to work in you again? Is there any fear or reluctance that you feel about asking Him to do that?
- 5) How can we pray for you right now and throughout the week?