

## **Sermon Title: Twelve Steps Toward Healthy Living – Step 1**

### **Sermon Notes / Exercises for Week One**

Reasons for 12-Step living in my life:

1. Program of attraction, not promotion – YOU ARE THE ATTRACTION.
2. Escape the bondage of self.
3. Connects to the Wesleyan tradition.
4. Join the “lifeboat” community – page 17 from “Big Book”

Step One – We admitted we were powerless over alcohol – that our lives had become unmanageable.

Powerlessness in the Bible:

The Prodigal Son – Luke 15, “make me a hired hand” and father’s response;

Apostle Paul – Romans 7:14, “I don’t understand what I do!”

Solomon – 1 Kings 3, prayer for discernment.

When do I know things are unmanageable?

1. I live in constant worry and fear;
2. I have a persistent feeling that something is missing.
3. Relationships in my life are suffering.

*Exercises for the week (taken from “A Gentle Path Through the Twelve Steps”:*

- 1, Name the things that I am powerless over in my everyday life...doesn’t have to be an addictive element.
2. Develop a gratitude list and a personal affirmation list (give examples).
3. If you think you might have a problem, do a family tree on three generations of your family.
4. Journal about how you have felt that your life has become unmanageable.