

# CROSSROADS

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**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.

**Step 10:** We continued 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)*

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## Think About It

Jesus says, “If you live as I tell you to, . . . you will know the truth, and the truth will set you free” (John 8:32, TLB). By working the principles and following Christ’s directions, the foundation of your life has been rebuilt. You will undoubtedly see major changes in your life, if you haven’t already! But now you are at the CROSSROADS of your recovery.

First Corinthians 10:12 warns us, “So, if you think you are standing firm, be careful that you don’t fall!” Steps 10 through 12 (Principles 7 and 8) are where we will live out our recoveries for the rest of our time here on earth. They are much more than maintenance steps, as some have referred to them. These are the “how I want to live the rest of my life steps and principles.”

As we begin to work Step 10<sup>1</sup>, we will see that it is made up of three key parts, each one corresponding to the acrostic for this lesson, TEN.

## Take time to do a daily inventory

1. The *what*: “We continued to take personal inventory . . .”

*“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)*

## Evaluate the good and the bad parts of our day

2. The *why*: “. . . and when we were wrong . . .”

*“If we say that we have no sins, we are only fooling ourselves, and refusing to accept the truth . . . we are lying and calling God a liar, for he says we have sinned.” (1 John 1:8 – 10, TLB)*

## Need to admit our wrongs promptly

3. The *then what*: “. . . promptly admitted it.”

*“This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God.” (Matthew 5:23 – 24, MSG)*

Practice keeping a daily journal for one week. Write out your daily inventory — the good and the bad. Look for negative patterns, issues that you are repeatedly writing down and having to promptly make amends for! Share them with your sponsor or accountability partner, and set up an action plan for you — with God’s help and power — to overcome them.

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## Write About It

1. Before you start working on Step 10, take a moment to reflect and list some of the changes in your life that have come from working the steps and principles with Jesus as your Higher Power.

- How has your behavior changed?

[Your Response Here]

- What specific relationships have been restored or improved?

[Your Response Here]

- How has your relationship with Jesus grown since you began your journey of recovery?

[Your Response Here]

- List the new relationships that you have made along your journey.

[Your Response Here]

2. In your own words, what does Step 10 mean to you?

- The *what*: “We continued to take a personal inventory . . .”

[Your Response Here]

- The *why*: “. . . and when we were wrong . . .”

[Your Response Here]

- The *then what*: “. . . promptly admitted it.”

[Your Response Here]

3. Keep a daily journal over the next seven days. Record the good along with the bad. Write down victories and areas of needed growth. Look for patterns. Share them with your sponsor or accountability partner at the end of the week.

[Your Response Here]

## Your Step 10 Journal

Day One

[Your Response Here]

Day Two

[Your Response Here]

Day Three

[Your Response Here]

Day Four

[Your Response Here]

Day Five

[Your Response Here]

Day Six

[Your Response Here]

[Your Response Here]

4. What did you learn by keeping your journal?

[Your Response Here]

5. What areas did you identify as strengths?

[Your Response Here]

6. What areas do you need to work on?

[Your Response Here]

**Suggestion: It's a Healthy Habit!**

Keeping a daily journal is a key tool to help you stay on track on your road to recovery. You've done it for seven days, why stop now?

[Your Response Here]

**Note**

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1. Please note that though Step 10 and Principle 7 differ somewhat in their focus, both point toward the same result: the character and image of Christ in our daily life. This chapter will emphasize the step more than the principle, but in no way do we intend to discount the many benefits of daily living Principle 7.