

Lesson 5

TURN

Principle 3: Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

“Happy are those who mourn, for they shall be comforted.” (Matthew 5:4)

Step 3: We came to believe that a power greater than ourselves could restore us to sanity.

“For it is God who works in you to will and to act in order to fulfill his good purpose.” (Philippians 2:13)

Think About It

How do you TURN your life over to the one and only Higher Power, Jesus Christ?

Trust

Deciding to turn your life and your will over to God requires only trust. Trust is putting the faith you found in Principle 2 into action.

*“If you confess that Jesus is Lord and believe that God raised him from death, you will be saved.”
(Romans 10:9, GNT)*

Understand

Relying solely on your own understanding got you into recovery in the first place! After you make the decision to ask Jesus into your life, you need to begin to seek His will for your life in all your decisions.

“Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” (Proverbs 3:5 – 6)

Repent

To truly repent, you must not only *turn away* from your sins, but *turn toward* God. Repentance allows you to enjoy the freedom of your loving relationship with God.

“Turn from your sins and act on this glorious news!” (Mark 1:15, TLB)

“Don’t let the world around you squeeze you into its own mold, but let God remake you so that your whole attitude of mind is changed.” (Romans 12:2, PH)

New life

After you ask Jesus into your heart, you will have a new life! You will no longer be bound to your old sin nature. God has declared you NOT GUILTY, and you no longer have to live under the power of sin!

“Now God says he will accept and acquit us — declare us ‘not guilty’ — if we trust Jesus Christ to take away our sins.” (Romans 3:22, TLB)

We will work on the “how tos” of TURNING our life and will over to God in Lesson 6. But do not forget this key point: Turning your life over to Christ is a once-in-a-lifetime commitment!
Turning your will over to Him requires a daily recommitment!

Pray the following prayer daily.

Principle 3 Prayer

Dear God, I have tried to do it all by myself, on my own power, and I have failed. Today, I want to turn my life over to You. I ask You to be my Lord and my Savior. You are the One and only Higher Power! I ask that You help me start to think less about me and my will. I want to daily turn my will over to You, to daily seek Your direction and wisdom for my life. Please continue to help me overcome my hurts, hang-ups, and habits and may that victory over them help others as they see Your power at work in changing my life. Help me to do Your will always. In Jesus' name I pray, Amen.

Write About It

1. What is stopping you from asking Jesus Christ into your heart as your Lord and Savior? (If you have already asked Christ into your life, describe your experience.)
2. How has relying on your "own understanding" caused problems in your life? Be specific.
3. What does "repent" mean to you? What do you need to repent of?
4. What does the declaration of "not guilty" found in Romans 3:22 mean to you?
5. When you turn your life over to your Higher Power, Jesus Christ, you have a "new life" (see 2 Corinthians 5:17). What does that "new life" mean to you?
6. What does the Principle 3 prayer mean to you?