

Lesson 6

ACTION

Principle 3: Consciously choose to commit all my life and will to Christ's care and control.

"Happy are the meek." (Matthew 5:5)

Step 3: We made a decision to turn our lives and our wills over to the care of God.

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship." (Romans 12:1)

Think About It

Even after taking the first two steps we can still be stuck in the cycle of failure: guilt → anger → fear → depression!

How do we get "unstuck"? How do we get past the barriers of pride, fear, guilt, worry, and doubt that keep us from taking this step?

The answer is *we need to take ACTION!*

Acept Jesus Christ as your Higher Power and Savior!

Make the decision to ask Jesus into your heart. Now is the time to commit your life, to establish that personal relationship with Jesus that He so desires.

"If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved." (Romans 10:9)

Commit to seek and follow HIS will!

We need to change our definition of willpower: Willpower is the willingness to accept God's power. We see that there is no room for God if we are full of ourselves.

"Teach me to do your will, for you are my God; may your good Spirit lead me on level ground." (Psalm 143:9 – 10)

Turn it over

"Let go; let God!" Turn over all the big things and the little things in your life to your Higher Power. Jesus Christ wants a relationship with ALL of you. What burdens are you carrying that you want to *TURN OVER* to God?

"Come to me and I will give you rest — all of you who work so hard beneath a heavy yoke. Wear my yoke — for it fits perfectly — and let me teach you; for I am gentle and humble, and you shall find rest for your souls." (Matthew 11:28 – 30, TLB)

It's only the beginning

In the third principle we make only the initial decision, the commitment to seek and follow God's will. Our walk with our Higher Power, Jesus Christ, begins with this decision and is followed by a lifelong process of growing as a Christian.

“God who began the good work within you will keep right on helping you grow in his grace until his task within is finally finished.” (Philippians 1:6, TLB)

One day at a time

Recovery happens one day at a time. If we remain stuck in the yesterday or constantly worry about tomorrow, we will waste the precious time of the present. We can only change our hurts, hang-ups, and habits in the present.

*“So don’t be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.”
(Matthew 6:34, TLB)*

Next: How do I ask Christ into my life?

Ask yourself the following four questions (see box), and if you answer yes to all of them, pray the prayer that follows them. That’s it. That’s all you have to do!

How to Establish a “Spiritual Base” for My Life
By Pastor Rick Warren

Do I . . .
Believe Jesus Christ died on the cross for me and showed He was God by coming back to life?
(1 Corinthians 15:2 – 4)

Do I . . .
Accept God’s free forgiveness for my sins?
(Romans 3:22)

Do I . . .
Switch to God’s plan for my life?
(Mark 1:16–18; Romans 12:2)

Do I . . .
Express my desire to Christ to be the director of my life?
(Romans 10:9)

Dear God, I believe you sent Your Son, Jesus, to die for my sins so I can be forgiven. I’m sorry for my sins and I want to live the rest of my life the way you want me to. Please put Your Spirit in my life to direct me. Amen.

Write About It

1. What differences have you noticed in your life now that you have accepted Jesus Christ as your Higher Power?
2. How has your definition of willpower changed since you have been in recovery?
3. What have you been able to turn over to God?
4. What do you fear turning over to His care?

5. What is keeping you from turning them over?

6. What does the phrase "live one day at a time" mean to you?

7. What is a major concern in your life?

8. What's stopping you from turning it over to your Higher Power, Jesus Christ?