

## The Heart of Step Ten

Step 10 is about staying spiritually awake. It keeps our hearts clear and our relationships healthy.

*“Let us examine our ways and test them, and let us return to the Lord.”*

*Lamentations 3:40*

Step 10 is not about perfection — it is about daily course correction.

### Reflection:

- Where did I fall short today?
- Where did I see God’s grace today?
- What do I need to release before tomorrow?

### Prayer

*God, search my heart.*

*Show me where I have wandered, strengthen what is weak, and renew what is tired.*

*Thank You for Your mercy that meets me daily.*

*Help me walk in honesty, humility, and grace.*

*In Jesus name I pray,  
Amen.*

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## STEP TEN

### DAILY INVENTORY

“Continued to take personal inventory and when we were wrong promptly admitted it.”

#### Key Scripture:

*<sup>23</sup> Search me, God, and know my heart; test me and know my anxious thoughts.*

*<sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting.*

*Psalms 139:23-24*

*<sup>40</sup> Let us examine our ways and test them, and let us return to the LORD.*

*Lamentations 3:40*

*<sup>9</sup> If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

*1 John 1:9*

**A simple guide to understanding Step 10 through the lens of daily honesty, humility, and spiritual maintenance.**

## 1. Practicing Daily Honesty

Step 10 helps us stay grounded in truth. It prevents old patterns from returning.

### Daily honesty means:

- Reviewing our attitudes and actions.
- Admitting wrongs quickly.
- Staying aware of our motives.
- Remaining open to God's correction.

### Key Idea:

Daily honesty keeps the heart clean.

### Self Inventory:

Check any that apply:

- I reacted harshly today.
- I avoided responsibility.
- I held onto resentment.
- I ignored God's prompting.
- I need to make something right.

### Reflection:

- What needs attention in your heart today?
- Where did you see God's grace?

## 2. God's Grace in Daily Reflection

*"Search me, O God... lead me in the way everlasting."*

*Psalms 139:23-24*

God meets us in our daily inventory with mercy and guidance.

### Key Idea:

God reveals to heal.

### Scripture Engagement:

Read Psalm 139:1-24 and 1 John 1:5-10. Underline any words that speak to confession and renewal.

### Reflection:

- What is God revealing to you?
- What do you need to confess or release?

## 3. Promptly Making Things Right

Step 10 keeps relationships healthy and prevents spiritual drift.

### Prompt amends look like:

- Owning mistakes quickly.
- Asking forgiveness when needed.
- Correcting harmful behavior.
- Staying teachable.
- Trusting God with the process.

### Key Idea:

Prompt honesty protects your recovery.

### Willingness Inventory:

#### Rate 1-5:

- \_\_\_ I am willing to admit when I'm wrong.
- \_\_\_ I respond quickly when I hurt someone.
- \_\_\_ I stay aware of my motives.
- \_\_\_ I trust God to guide my daily steps.
- \_\_\_ I desire a clean heart.

### Reflection:

- What needs to be made right today?
- Who do you need to talk to?
- What step can you take before the day ends?