



The
**Cornerstone
to Recovery**
Show

EPISODE 10

LET US EXAMINE OUR WAYS

¹⁰ “I the LORD search the heart
and examine the mind, to reward each
person according to their conduct,
according to what their deeds deserve.”

Jeremiah 17:10

HIS WORD TODAY – EPISODE 10 WORKBOOK

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

Theme: Returning Through Honesty

Key Scripture: Lamentations 3:40

Supporting Scripture: Proverbs 4:26

THE HEART OF STEP 10

Step 10 is the daily rhythm of a heart that wants to stay close to God.

- It is not about perfection — it is about awareness.
- It is not about shame — it is about clarity.
- It is not about fear — it is about returning.

Lamentations 3:40 invites us:

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

Proverbs 4:26 echoes the same wisdom:

“Give careful thought to the paths for your feet and be steadfast in all your ways.”

Key Idea: Daily honesty keeps us aligned with God’s heart.

Reflection

- What emotions rise when you think about daily self-examination?

- Where do you tend to drift without noticing?

1. EXAMINATION: THE GENTLE COURAGE TO LOOK WITH GOD

“Let us examine our ways...”

- Examination is not harsh.
- It is not condemning.

It is God opening a door and saying,

“Come sit with Me. Let’s look at your heart together.”

Examination means:

- Observing
- Studying
- Noticing
- Listening
- Being honest without fear

It is the moment you say:

- “Lord, show me where my heart wandered today.”
- “Show me where I reacted instead of responded.”
- “Show me where fear spoke louder than faith.”
- “Show me where I hurt someone without meaning to.”
- “Show me where I tried to carry something alone.”

Key Idea: Examination is not self-criticism — it is spiritual clarity.

Reflection:

- Where did you drift today?

- What reaction or attitude needs God’s light?

2. TESTING: HOLDING OUR HEARTS UP TO GOD’S TRUTH

“...and test them...”

Testing is not about passing or failing.

It is about seeing clearly.

Testing asks:

- “Is this attitude helping me grow or pulling me backward”
- “Is resentment trying to take root”
- “Is fear leading me somewhere God didn’t call me to go”
- “Is this behavior aligned with who I’m becoming in Christ”

Proverbs 4:26 reminds us:

“Give careful thought to the paths for your feet...”

Key Idea: Testing keeps us awake, grounded, and aligned with God.

Reflection:

- What motives need to be tested today?

- What fear or resentment surfaced?

- What path are your choices shaping?

3. RETURNING: THE PURPOSE OF THE INVENTORY

“...and let us return to the Lord.”

This is the heart of Step 10.

The goal is not guilt — it is return.

The goal is not shame — it is restoration.

The goal is not reliving failure — it is realigning with God.

Every inventory ends with grace.

Every honest moment ends with mercy.

Every return ends with restoration.

Key Idea: God invites examination so He can restore, not reject.

Reflection:

- Where do you sense God inviting you to return?

- What part of your heart needs His peace today?

- What step will help you realign with Him?

4. A PICTURE OF STEP 10 — THE TRAIL IN THE WOODS

Imagine walking a peaceful trail.

You're following the path, but slowly — almost without noticing — you drift.

A little to the left.

Then a little more.

You're still moving forward, but you're no longer on the trail.

- You didn't rebel.
- You didn't run.
- You didn't choose the wrong path on purpose.

You just drifted.

Then you look up and realize:

“I'm not where I thought I was.”

Lamentations 3:40 is God saying:

“Stop for a moment. Look around. Let's find the trail again.”

Proverbs 4:26 reminds us:

“Give careful thought to the path beneath your feet.”

Key Idea: Drifting is easy — returning is intentional.

Reflection:

- Where have you drifted without noticing?

- What does “returning to the trail” look like for you?

5. THE HEART OF GOD IN STEP 10

God never asks you to examine your ways so He can reject you.

He asks you to examine your ways so He can restore you.

He never asks you to test your heart so He can shame you.

He asks you to test your heart so He can heal you.

He never asks you to return because He's disappointed.

He asks you to return because He's waiting.

He is not the judge standing at a distance.

He is the Father standing on the porch, watching the road, hoping to see you coming home.

Key Idea: Every return is met with mercy.

Reflection:

- What part of God's heart do you need to trust today?

- What healing do you hope He brings?

- What step of honesty will help you return?

PRACTICAL NEXT STEPS:

- Take five minutes each evening for honest reflection
- Ask God to reveal one drift from the day
- Admit one wrong promptly — to God and, if needed, to another person
- Release fear, resentment, or guilt through prayer
- Read Lamentations 3:40 and Proverbs 4:26 daily

CLOSING PRAYER:

Father, examine my ways and test my heart.
Show me where I drifted today.
Bring clarity where there is confusion.
Bring peace where there is tension.
Bring grace where there is weakness.
Lead me back to Your path.
I return to You with confidence, knowing You are already waiting.
Amen.

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