



The  
**Cornerstone  
to Recovery**  
Show

**EPISODE 2 WORKBOOK**

**"THE GOD WHO MEETS US IN OUR  
UNBELIEF"**

<sup>1</sup> I lift up my eyes to the mountains—  
where does my help come from?

<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.

Psalms 121:1-2



## HIS WORD TODAY – EPISODE 2 WORKBOOK

*“Came to believe that a Power greater than ourselves could restore us to sanity.”*

Key Scriptures: Mark 9:24 • Proverbs 3:5–6

### THE SCRIPTURAL FOUNDATION

Mark 9:24 (NIV):

“I do believe; help me overcome my unbelief!”

Proverbs 3:5–6:

“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.”

These verses set the stage for Step 2 — the step where faith begins to awaken.

### 1. THE TURNING POINT OF STEP 2

Step 2 is where:

- Despair begins to shift toward hope
- Self-reliance gives way to divine dependence
- The illusion of control finally breaks

Addiction often feels like insanity — repeating the same destructive patterns while hoping for different results.

We tried to fix ourselves with the very thing that was destroying us.

We tried to control what was never ours to control.

Key Idea: Step 2 confronts us with a freeing truth — we are not in control, and we need help.

Reflection:

- Where have you been relying on your own strength?

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## 2. “CAME TO BELIEVE” — A GENTLE INVITATION

“Came to believe” is a phrase **full of grace**.

It does not demand instant faith or perfect theology.

It simply invites willingness.

Willingness to consider that there is a Power who:

- Cares
- Heals
- Restores

For Christians, that Power is the God revealed in Jesus Christ — the One who seeks the lost, heals the broken, and restores the weary.

Key Idea: God meets us right where we are — not where we should be, and not where we pretend to be.

Reflection:

- What does “willingness” look like for you today?

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- Where do you sense God inviting you to trust Him?

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- What barriers stand between you and belief?

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### 3. THE MARK 9:24 MOMENT

A desperate father brings his suffering son to Jesus.

He is exhausted, unsure, and afraid — yet he prays one of the most honest prayers in Scripture:

“I do believe; help my unbelief.”

That is Step 2 in a single sentence.

It is not about certainty — it is about honesty.

It is choosing hope even when faith feels fragile.

Key Idea: God honors honest doubt more than fake confidence.

Reflection:

- Where do you feel torn between belief and unbelief?

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- What would it look like to bring your doubts to God?

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- How has God met you in past moments of uncertainty?

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## 4. “RESTORED TO SANITY” — WHAT IT REALLY MEANS

In recovery, sanity is not just mental clarity — it is spiritual alignment.

Sanity is:

- The peace that comes from surrender
- The clarity that comes from truth
- The strength that comes from grace
- The ability to see ourselves and the world rightly

When we admit our powerlessness and turn to God, something shifts: our vision clears, our hearts soften, our minds quiet.

Key Idea: Restoration is God’s work — and He delights to restore.

Reflection:

- What does “sanity” look like in your life?

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- Where do you need God to restore clarity or peace?

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- How has self-reliance clouded your vision?

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## 5. LIVING OUT STEP 2 — PRACTICAL APPLICATION

### 1. Reflect Honestly

Ask: Where have I tried to control what only God can heal?

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### 2. Pray Simply

“God, I am willing to believe. Help my unbelief.”

God honors honesty more than perfection.

### 3. Connect with Another Believer

Faith grows in community.

Healing grows in connection.

Isolation is where addiction thrives — community is where recovery takes root.

Reflection:

- Who can you reach out to this week

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- What step of connection feels possible today?

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## 6. THE CALL TO HOPE

Step 2 is not a leap into the unknown — it is a leap into the arms of a God who has already proven His love.

If you're struggling to believe today, hear this:

- God is not far off
- He is near to the brokenhearted
- He is mighty to save
- He is patient with your doubts
- He is gentle with your wounds

Take the leap. He will meet you there.

Reflection:

1. What part of Step 2 resonates with you most today?

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2. Where do you struggle with belief or trust?

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3. How does the Mark 9:24 prayer speak to your journey?

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4. What does “restoration to sanity” mean in your life?

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5. Where do you sense God inviting you to hope again?

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**PRACTICAL NEXT STEPS:**

- Pray the Mark 9:24 prayer daily.
- Read Proverbs 3:5–6 each morning.
- Share your Step 2 reflections with a trusted believer.
- Identify one area where you will stop trying to control outcomes:

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- Write down one way you see God restoring you each day:

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**CLOSING PRAYER**

Lord, I come to You with honesty.

I believe — help my unbelief.

I confess that I have tried to control what only You can heal.

Restore me to sanity.

Align my heart with Your truth.

Strengthen my willingness.

Meet me in my doubts and lead me into hope.

I trust that You are near, You are good, and You are able.

Amen.