



The  
**Cornerstone  
to Recovery**  
Show

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**EPISODE 6 WORKBOOK**

**THE BRIDGE**

<sup>10</sup> Create in me a pure heart, O God,  
and renew a steadfast spirit within  
me.

Psalms 51:10



## HIS WORD TODAY – EPISODE 6 WORKBOOK

*“Were entirely ready to have God remove all these defects of character.”*

**Key Scriptures:** Psalm 51:10 • Philippians 1:6 • Romans 12:2

### THE HEART OF STEP 6

Step 6 is the sacred turning point between honesty and surrender.

- Step 5 brings us into the light.
- Step 7 brings us to our knees.
- Step 6 is the bridge between the two.

It is the moment we stop clinging to the old version of ourselves and become willing — entirely willing — to let God transform us.

This step is not about perfection.

- It is about readiness.
- It is about willingness.
- It is about opening the door to the kind of change only God can produce.

Psalm 51:10 captures the heart of Step 6:

*“Create in me a clean heart, O God, and renew a right spirit within me.”*

**Key Idea:** *Readiness is a miracle — the desire to change is evidence that God is already working.*

#### **Reflection:**

- Where do you sense God inviting you to deeper change?

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- What part of you is tired of staying the same?

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## 1. STEP 6 BEGINS WITH A HEART THAT IS READY

The key word is **ready** — not perfect, not strong, not fully transformed.

### *Just ready!*

- Ready for God to work.
- Ready to let go.
- Ready to stop managing, controlling, and negotiating with our defects.

Readiness is not a feeling — it is a posture.

Philippians 1:6 reminds us:

*“He who began a good work in you will carry it on to completion...”*

God is the One who does the work.

Our part is willingness.

**Key Idea:** *Readiness is the soil where transformation grows.*

#### **Reflection:**

- What are you willing to let God change?

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- What fears or hesitations do you feel?

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- Where do you sense God already beginning a good work?

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## 2. STEP 6 REQUIRES US TO STOP MAKING PEACE WITH OUR DEFECTS!

Some defects feel familiar — even useful.

- Anger feels protective
- Control feels safe
- People pleasing wins approval
- Isolation prevents hurt
- Resentment feels powerful
- Fear masquerades as responsibility
- Shame masquerades as humility

But Step 6 invites us to stop calling our defects “personality traits” and start seeing them as barriers to spiritual growth.

Romans 12:2 says:

*“Do not be conformed to this world, but be transformed by the renewing of your mind...”*

Transformation requires release.

Release requires readiness.

Readiness requires honesty.

**Key Idea:** We cannot cling to what God is trying to remove.

### Reflection:

- Which defects have you made peace with?

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- What do you fear losing if you let them go?

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### 3. STEP 6 IS ABOUT SURRENDER, NOT SELF-IMPROVEMENT

This is **not a self-help** step.

It is a **God-help** step.

- We do not remove our defects.
- We do not fix ourselves.
- We do not perform spiritual surgery.

We simply become willing for God to do what only He can do.

David prayed:

*“Create in me a clean heart...”*

He didn’t say, “Watch me clean my heart.”

- He said, “God, You do it.”

Self-improvement can change habits.

- Only God can change hearts.

Self-effort can modify behavior.

- Only God can renew the mind.

Self-discipline can restrain impulses.

- Only God can remove defects at the root.

**Key Idea:** *Step 6 is not about trying harder — it’s about surrendering deeper.*

**Reflection:**

- Where have you been trying to fix yourself?

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- What would it look like to let God do the deeper work?

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## 4. READINESS OPENS THE DOOR TO REAL CHANGE

When we become entirely ready:

- God softens what was hardened
- God uproots what was toxic
- God heals what was broken
- God reshapes what was distorted
- God strengthens what was weak
- God exposes what was hidden
- God restores what was lost
- God renews what was dead

Philippians 1:6 assures us God finishes what He starts.

Romans 12:2 assures us transformation is possible.

Psalms 51:10 assures us God can renew our hearts.

**Key Idea:** *God never turns away a willing heart.*

### Reflection:

- What transformation do you long for?

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- Where do you need God to renew your mind?

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- What would spiritual freedom look like for you?

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**Reflection:**

- What does “readiness” mean to you?

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- Which defects have been hardest to let go of?

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- How does Romans 12:2 speak to your journey?

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- Where do you sense God beginning a good work?

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- What does surrender look like in your daily life?

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**PRACTICAL NEXT STEPS:**

- Pray Psalm 51:10 daily
- Identify one defect you are ready to surrender

- Share your Step 6 reflections with a trusted believer
- Practice releasing control in one area this week
- Write down one way you see God softening or reshaping your heart

**CLOSING PRAYER:**

Father, I come to You with a willing heart.

I am ready for You to remove what I cannot change on my own.

Create in me a clean heart.

Renew my mind.

Transform my character.

I surrender my defects, my fears, and my attempts to control.

Do Your work in me.

I am ready.

Amen.