



The
**Cornerstone
to Recovery**
Show

EPISODE 7

TRUTH THAT TRANSFORMS

¹⁰ Humble yourselves before the Lord, and he will lift you up.

James 4:10

HIS WORD TODAY – EPISODE 7 WORKBOOK

“Humbly asked Him to remove our shortcomings.”

Key Scriptures: Philippians 2:13 • 1 Peter 5:6

THE HEART OF STEP 7 — TRUTH THAT TRANSFORMS

There comes a moment in recovery when we finally face the truth:

We cannot change ourselves.

- We can confess.
- We can surrender.
- We can cooperate.

But the actual transforming work belongs to God alone.

Step 7 captures that moment with clarity:

- **“Humbly asked Him to remove our shortcomings.”**

Philippians 2:13 anchors this truth:

“For it is God who works in you to will and to act in order to fulfill His good purpose.”

Key Idea: *Transformation is God’s work — humility is our posture.*

Reflection:

- Where have you been trying to change yourself through willpower?

- What shortcomings feel impossible to overcome?

1. GOD WORKS IN YOU

Paul doesn't say God works *around* you or *in spite of* you.

He says God works **in you**.

That means the change God brings is:

- Internal
- Spiritual
- Deep

Step 7 is not about trying harder.

It is about opening the door for God to do what only He can do.

When we ask Him to remove our shortcomings, we acknowledge that the real work happens inside — where only God can reach.

Key Idea: *God transforms from the inside out.*

Reflection:

- What inner places need God's transforming work?

- Where have you been relying on your own strength?

- What would it look like to let God work in you?

2. GOD WORKS IN YOUR WILL AND YOUR ACTIONS

Paul continues:

“...to will and to act...”

God doesn't just change what you do.

He changes what you *want* to do.

- He reshapes desires.
- He redirects motives.
- He softens the heart.
- He strengthens the spirit.

Step 7 is not asking God to remove bad habits — it is asking Him to transform the roots of those habits.

Key Idea: God aligns our will with His will.

Reflection:

- What desires or motives need God's reshaping?

- Where do your actions and intentions feel misaligned?

- What would it look like for God to guide your will?

3. GOD WORKS FOR HIS GOOD PURPOSE

Paul finishes the verse with a promise:

“...in order to fulfill His good purpose.”

God’s purpose for you is:

- Good
- Healing
- Restoring
- Redemptive

When we come to God in Step 7, we are stepping into **His** purpose, not ours.

We trust that His plan for our character is better than anything we could design.

Key Idea: *God’s purpose is always good — even when the process is slow.*

Reflection:

- What part of God’s purpose do you struggle to trust?

- Where do you sense God leading you?

- What good work might God be preparing in you?

4. HUMILITY MAKES ROOM FOR GOD’S WORK

1 Peter 5:6 says:

“Humble yourselves, therefore, under God’s mighty hand...”

Humility is the doorway to transformation.

It is the posture that says:

“God, I cannot lift myself. I need You.”

Humility is not weakness.

It is not self-rejection.

It is not thinking less of yourself.

It is acknowledging reality:

God is God, and we are not.

Step 7 is the moment we stop trying to manage our own spiritual growth and instead place ourselves under God’s mighty hand.

Key Idea: Humility invites God’s transforming power.

Reflection:

- Where do you need to humble yourself before God?

- What areas have you tried to control?

- What does surrender look like today?

5. GOD LIFTS THE HUMBLE

Peter gives us the promise:

“...that He may lift you up in due time.”

- God lifts.
- God restores.
- God strengthens.
- God removes what needs to be removed.
- God builds what needs to be built.

But notice the timing:

“in due time.”

- Not instantly.
- Not dramatically.
- Not always the way we expect.
- But always faithfully.

Step 7 is not a one-time prayer.

It is a daily posture.

Key Idea: *God lifts us in His time — not ours.*

Reflection:

- Where do you need God to lift you?

- What does “due time” mean in your journey?

GROUP DISCUSSION QUESTIONS:

1. What part of Step 7 resonates with you most?

2. How does Philippians 2:13 shape your understanding of change?

3. Where do you struggle with humility?

4. What shortcomings do you need God to remove?

5. How can you practice daily surrender?

PRACTICAL NEXT STEPS:

- Pray Philippians 2:13 each morning
- Identify one shortcoming to surrender daily
- Share your Step 7 reflections with a trusted believer

- Practice humility in one relationship this week
- Write down one way you see God working in you

CLOSING PRAYER:

Father, I humble myself under Your mighty hand.

I ask You to remove the shortcomings I cannot remove myself.

Work in me — in my will, in my actions, in my desires.

Shape my character.

Fulfill Your good purpose in me.

Lift me in Your time.

I surrender to Your transforming grace.

Amen.