



The
**Cornerstone
to Recovery**
Show

EPISODE 9

HEALING THROUGH HONESTY

⁹ Fools mock at making amends for sin,
but goodwill is found among the upright.

Proverbs 14:9

HIS WORD TODAY – EPISODE 9 WORKBOOK

“Made direct amends to such people wherever possible, except when to do so would injure them or others.”

Theme: *Healing Through Honesty*

Key Scripture: James 5:16

- **Supporting Scriptures:** Colossians 3:13b • Matthew 5:23–24

THE HEART OF STEP 9

Step 9 is one of the most courageous steps in recovery

- It is where honesty becomes healing.
- It is where confession becomes freedom.
- It is where forgiveness becomes restoration.

James 5:16 anchors this step:

“Confess your sins to each other and pray for each other so that you may be healed.”

Key Idea: *Healing happens in the light — not in hiding.*

Reflection:

- What emotions rise when you think about making amends?

- Which names on your list feel the heaviest?

1. HONESTY OPENS THE DOOR TO HEALING

James says, “**Confess your sins to each other..**”

This is not humiliation — it is liberation.

God never designed us to carry our failures, secrets, or relational wounds alone.

Healing happens:

- In the light
- In community
- When honesty meets grace

Confession is not about reopening wounds.

It is about allowing God to heal them.

Key Idea: God heals what we bring into the light.

Reflection:

- What truth do you need to speak to someone?

- What have you been carrying alone?

- How has secrecy affected your relationships?

2. FORGIVEN PEOPLE FORGIVE

Colossians 3:13b says:

“Forgive as the Lord forgave you.”

We do not make amends because others deserve it.

We make amends because **we have been forgiven**.

When we remember God’s patience, gentleness, and mercy toward us, our hearts begin to soften toward others.

Key Idea: We pass on the forgiveness we have received.

Reflection:

- How has God forgiven you?

- Where do you need to extend that same grace?

- What resentment do you need to release?

3. JESUS CALLS US TO SEEK PEACE FIRST

Matthew 5:23–24 teaches us that reconciliation matters so much that Jesus places it **before worship**.

- Before the song.
- Before the offering.
- Before the prayer.

Jesus says:

“Go and be reconciled.”

Not to burden us —

but to free us.

Unresolved harm becomes spiritual weight.

Unspoken guilt becomes a barrier to intimacy with God.

Key Idea: *Reconciliation frees the soul.*

Reflection:

- What unresolved harm weighs on your heart?

- Who comes to mind when you read Jesus’ words?

- What would peace look like in that relationship?

4. STEP 9 IS WHERE GOD HEALS THE WOUNDS WE CAUSED — AND THE WOUNDS WE CARRY.

Step 9 is not about perfection.

It is not about pleasing people.

It is not about fixing every relationship.

It is about:

- Courage
- Humility
- Healing

We take responsibility — not to punish ourselves, but to free ourselves.

We speak truth — not to reopen wounds, but to close them.

We make amends — not because others deserve it, but because God is forming integrity inside us.

Key Idea: *God honors honesty and blesses humility.*

Reflection:

- What fears do you have about making amends?

- What healing do you hope God will bring?

- What part of your story needs to be spoken aloud?

5. THE STORY OF MARK & EMILY — A PICTURE OF STEP 9

Mark dreaded making amends to his sister Emily.

- He feared the truth.
- He feared rejection.
- He feared the pain.

But when he confessed with humility, something holy happened:

- He spoke truth
- She forgave
- Healing began

Not perfection.

Not instant restoration.

But **healing**.

James 5:16 came alive:

“Confess... pray... be healed.”

Key Idea: *Healing happens when honesty meets grace.*

Reflection:

- Who is your “Emily” — the person you fear facing?

- What truth do you need to speak?

- What healing do you long for?

6. STEP 9 IS ABOUT COURAGE, NOT CONTROL

Romans 12:18 reminds us:

“As far as it depends on you...”

We cannot control:

- Their response
- Their readiness
- Their healing
- Their timeline

But we *can* control:

- Our honesty
- Our humility
- Our willingness
- Our obedience

Key Idea: *Step 9 is about offering reconciliation, not forcing it.*

Reflection:

- What outcomes have you been trying to control?

- Where do you need to release expectations?

- What does obedience look like today?

ONE ACTION FOR TODAY

Take one name from your Step 9 list and pray:

“Lord, give me the courage to walk in honesty, humility, and healing.”

Not the courage to fix everything —
just the courage to take the next right step.

GROUP DISCUSSION QUESTIONS:

1. What part of Step 9 feels most intimidating?

2. How does James 5:16 shape your understanding of healing?

3. Who is the “Emily” in your story?

4. What fears do you need to surrender?

5. What does courage look like for you today?

PRACTICAL NEXT STEPS:

- Pray over one name on your Step 9 list
- Write out what you need to say in your amends
- Share your plan with a trusted believer
- Release resentment through prayer
- Read James 5:16 daily

CLOSING PRAYER:

Father, give me courage to walk in honesty and humility.
Help me confess what needs to be confessed.
Heal the wounds I caused and the wounds I carry.
Prepare the hearts of those I need to speak to.
Let Your grace guide every word, every step, every moment.
As I walk in honesty, bring healing.
As I walk in humility, bring freedom.
As I walk in obedience, bring restoration.
Amen.