

## **HIS WORD TODAY — Step 1**

**“We admitted we were powerless over our addiction — that our lives had become unmanageable.”**

**Key Scripture:** 2 Corinthians 12:9 • Luke 15:11–24 (NIV)

### **THE HEART OF STEP 1**

The journey of recovery begins not with strength, but with **honesty about weakness**. Step 1 is not defeat — it is the **doorway to freedom**.

“My grace is sufficient for you, for My power is made perfect in weakness.”

— **2 Corinthians 12:9**

When we acknowledge our inability to manage life on our own, we make room for God’s strength to enter.

### **1. THE TRUTH ABOUT POWERLESSNESS**

- Addiction promises relief but delivers bondage
- Step 1 is the moment we stop pretending we can fix ourselves
- It is the moment we lay down the illusion of control and say:  
**“Lord, I cannot do this alone.”**

**Key Idea:** Surrender isn’t the end — it is the beginning of healing.

### **2. THE LOST SON: A PICTURE OF STEP 1**

#### **Luke 15:11–24 (NIV)**

Jesus tells of a son who demanded his inheritance, ran far from home, and squandered everything in reckless living.

He ended up broken, hungry, and alone — feeding pigs and longing for scraps.

His turning point came when:

- He **came to his senses**
- He admitted his failure
- He chose to return to his father

And while he was still a long way off, the father ran to him, embraced him, restored him, and celebrated his return.

**Key Idea:** Step 1 is our return — the moment we stop running and start trusting God.

### 3. STEP 1 REQUIRES BRUTAL HONESTY

- Denial keeps us trapped
- Truth sets us free
- We must face our condition without excuses or minimizing
- Powerlessness is not weakness — it is the **first act of courage** in a new life

**Key Idea:** Honesty breaks the chains that denial strengthens.

### 4. STEP 1 OPENS THE DOOR TO HOPE

When we admit our powerlessness:

- We discover a greater Power who can restore us
- We enter the fellowship of others walking the same path
- We begin to experience God's grace in ways we never have before

Recovery begins when we stop saying,

**“I can handle this,”**

and start saying,

**“God, I need You.”**

### THE INVITATION

Step 1 is not about shame — it is about **liberation**.

It is the moment we stop pretending, stop hiding, and stop managing our own destruction.

It is the moment we turn toward the Father who runs toward us with compassion.

**GET EXCITED ABOUT JESUS!**