

HIS WORD TODAY — STEP 1 WORKBOOK

“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

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.

Reflection

- Where in your life have you tried to appear strong while feeling weak inside?

- What emotions rise up when you hear the word *powerless*?

- How have you experienced God's strength in weakness before?

Journaling 1

Complete the sentence:

“If I’m honest, the areas of my life that feel unmanageable right now are...”

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 say:

“Lord, I cannot do this alone.”

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

Self-Inventory

Check any that apply:

- I’ve tried to control my addiction on my own
- I’ve minimized or justified my behavior
- I’ve hidden the truth from others
- I’ve felt ashamed but unable to change
- I’ve promised myself “this time will be different”

Reflection

- What illusions of control have you been holding onto?

- What has your addiction cost you?

- What would surrender look like for you?

Journaling 2

Write a prayer beginning with:

“God, I admit I cannot do this on my own...”

2. THE LOST SON: A PICTURE OF STEP 1

Luke 15:11–24

Jesus tells of a son who ran far from home, squandered everything, and ended up broken and alone.

His turning point came when he:

- Came to his senses
- Admitted his failure
- Chose to return to his father

And while he was still a long way off, the father ran to him with compassion.

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

Scripture Engagement

Read Luke 15:11–24.

Underline or note any words that stand out.

Reflection

- Where do you see yourself in this story?

-

- What “distant country” have you been living in?

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- What would it mean for you to “come to your senses”?

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- How do you imagine God responding to your return?

Journaling 3

Write two short letters:

1. From the lost son returning home:

2. From the Father welcoming you back:

- 3.

3. BRUTAL HONESTY

Denial keeps us trapped.

Truth sets us free.

Powerlessness is not weakness — it is courage.

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

Honesty Inventory

Rate 1–5 (1 = not true, 5 = very true):

- I avoid facing the full truth about my addiction: _____
- I minimize the impact of my behavior: _____
- I hide parts of my story: _____
- I fear what will happen if I'm fully honest: _____

- I want freedom more than control: _____

Reflection

- What truth have you been avoiding?

- What fears keep you from honesty?

- Who is one safe person you could share with this week?

Journaling 4

Complete the sentence:

“If I told the whole truth about my addiction, I would say...”

4. STEP 1 OPENS THE DOOR TO HOPE

When we admit our powerlessness:

- We discover a greater Power who can restore us
- We join a fellowship of others walking the same path
- We begin to experience God’s grace in new ways

Recovery begins when we stop saying,

“I can handle this,”

and start saying,

“God, I need You.”

Reflection

- What does hope look like for you right now?

- How has self-reliance kept you stuck?

- What would it look like to let God restore you?

Journaling 5

Write a vision of what your life could look like if you fully surrendered to God's healing:

PRACTICAL NEXT STEPS

- Share your Step 1 truth with a sponsor, pastor, or trusted friend.
- Begin a daily surrender prayer.
- Attend a meeting consistently.
- Read Luke 15 every morning for one week.
- Write down one area each day where you see God's grace.

CLOSING PRAYER

Father, I come to You in honesty.

I admit that I am powerless over my addiction and that my life has become unmanageable.

I have tried to control what I cannot control.

But today, like the lost son, I turn toward home.

Run to me with Your grace.

Restore what has been broken.

Strengthen me where I am weak.

Teach me to trust You one day at a time.

I need You, Lord.

Amen.