

## **HIS WORD TODAY — Step 4**

**“Made a searching and fearless moral inventory of ourselves.”**

**Key Scriptures:** John 8:32 • Psalm 139:23–24 • Lamentations 3:40 • James 5:16 • Romans 5:20

### **THE HEART OF STEP 4**

A fearless moral inventory is one of the most courageous steps in recovery. It is the moment we stop running from ourselves and start walking toward freedom.

This step is not about shame.

It is not about beating ourselves up.

It is about **truth** — and Jesus said:

“You will know the truth, and the truth will set you free.”

— **John 8:32 (NIV)**

**Key Idea:** Freedom always begins with truth.

### **1. GOD INVITES US INTO HONEST SELF-EXAMINATION**

Psalm 139:23–24 invites God to shine His light into the deepest places of our hearts:

“Search me, God... test me... see if there is any offensive way in me...”

This is not a prayer of fear — it is a prayer of trust.

It says: **“Lord, I’m not hiding anymore. Show me what You see.”**

Lamentations 3:40 echoes the same call:

“Let us examine our ways and test them, and let us return to the Lord.”

God does not ask us to examine ourselves to condemn us —

He asks us to examine ourselves so He can **restore** us.

### **2. COURAGE IS REQUIRED — AND GOD SUPPLIES IT**

A fearless moral inventory requires courage — not the courage to be perfect, but the courage to be honest.

- No excuses
- No denial
- No minimizing
- No pretending

Scripture never calls us to shame.

Scripture calls us to **truth that leads to healing**.

A fearless inventory means we trust God's mercy more than our guilt.

It means we believe His grace is bigger than our secrets.

**Key Idea:** Honesty is the doorway to healing.

### **3. WHY WE TAKE AN INVENTORY**

Think of a business taking inventory. They examine:

- What's missing
- What's damaged
- What's valuable
- What needs to be replaced
- What needs to be reordered

They do this so the business can function properly.

In the same way, we take stock of our lives:

- Resentments
- Fears
- Harms we've done
- Harms done to us
- Patterns of sin
- Character defects that keep tripping us up

This is not about dwelling on failure.

This is about preparing for God's loving restoration.

**You cannot surrender what you refuse to name.**

**You cannot heal what you refuse to face.**

### **4. GOD PLAYS THE CENTRAL ROLE**

Here's the good news: **we do not take this inventory alone.**

The Holy Spirit reveals what we cannot see.

Psalm 139 reminds us that God already knows our hearts — we are simply agreeing with Him.

When we sit down with pen and paper, we are not doing a psychological exercise.

We are entering a **prayerful act of surrender**:

“Lord, show me the truth about myself.”

That simple prayer opens the door for the Spirit to work.

## **5. CONFESSION BRINGS HEALING**

James 5:16 says:

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

Notice the promise: **healed**.

Confession is not humiliation — it is liberation.

When we bring things into the light, they lose their power to control us.

**Secrets keep us sick.**

**Truth sets us free.**

**HALLELUJAH!**

## **6. A PRACTICAL GUIDE FOR YOUR INVENTORY**

### **Step 1 — Pray**

“Lord, show me the truth about myself.”

### **Step 2 — Write**

Don't just think — write.

List:

- Resentments
- Fears
- Harms you've done
- Harms done to you
- Lingering guilt
- Patterns of selfishness, dishonesty, resentment, or fear

Be specific. Be honest. Be humble.

### **Step 3 — Reflect**

Ask:

- Where have I been avoiding the truth
- Where have I been blaming others
- Where have I been hiding
- Where do I need God's grace the most

### **Step 4 — End With Hope**

God reveals not to destroy — but to rebuild.

He exposes so He can heal.

He convicts so He can restore.

He uncovers so He can redeem.

## **7. PROGRESS, NOT PERFECTION**

This step is not about perfection — it is about **progress**.

It is the doorway to freedom.

Romans 5:20 reminds us:

“Where sin increased, grace increased all the more.”

God's grace always rises higher than our failures.

**PRAISE THE LORD!**