

HIS WORD TODAY — STEP 4 WORKBOOK

“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.*

Reflection

- What fears rise up when you think about being fully honest?

- What does “fearless” mean to you in this season?

- Where do you sense God inviting you into deeper truth?

Journaling 1

Complete the sentence:

“The truths I’ve been afraid to face are...”

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... 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.

Key Idea: *God reveals to heal.*

Reflection

- What areas of your heart feel “off limits”?

- What would it look like to invite God into those places?

- How does God’s character make honesty safer

Journaling 2

Write a prayer of invitation:

“God, search me and show me what You see...”

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.*

Reflection

- What excuses or defenses do you tend to use?

- What would it look like to lay them down?

- Where do you need courage today?

Journaling 3

Complete the sentence:

“If I were completely honest about my struggles, I would say...”

3. WHY WE TAKE AN INVENTORY

Just as a business examines what is missing, damaged, valuable, or needing replacement, we examine 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.

Key Idea: *Naming the truth prepares the heart for restoration.*

Reflection

- Which category above feels hardest for you to face?

- What patterns do you see emerging in your life?

- Where do you sense God wanting to restore you?

Journaling 4

List the areas of your life that need inventory.

Be specific. Be honest. Be humble:

4. GOD PLAYS THE CENTRAL ROLE

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.

Key Idea: *The Holy Spirit is the true guide of Step 4.*

Reflection

- Where do you need God’s help to see clearly?

- What truths have you been avoiding?

- How does it feel to know you are not doing this alone?

Journaling 5

Write a prayer asking the Holy Spirit to guide your inventory.

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

Key Idea: *Confession is the bridge between truth and healing.*

Reflection

- Who is a safe person you can share your inventory with?

- What fears do you have about confession?

- How has secrecy affected your recovery?

Journaling 6

Write a short reflection on what healing through confession could look like for you.

6. A PRACTICAL GUIDE FOR YOUR INVENTORY

Step 1 — Pray

“Lord, show me the truth about myself.”

Step 2 — Write

List:

- Resentments
- Fears
- Harms you’ve done
- Harms done to you
- Lingered 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.

Key Idea: *Every truth God reveals is an invitation to healing.*

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.

Key Idea: *Grace is always greater.*

Reflection

- Where do you need to embrace progress over perfection?

- How has grace met you in your weakness?

- What step of honesty can you take today?

Journaling 7

Write a closing reflection on what you learned through this inventory.

GROUP DISCUSSION QUESTIONS

1. What part of Step 4 feels most challenging
2. How does Scripture make honesty safer
3. What patterns do you see emerging in your inventory
4. Where do you sense God inviting you to healing
5. How can confession bring freedom in your life

PRACTICAL NEXT STEPS

- Begin your written inventory this week
- Share one part of your inventory with a trusted believer
- Pray Psalm 139:23–24 daily
- Practice honesty in one relationship
- Write down one way you see God’s grace each day

CLOSING PRAYER

Father, shine Your light into my heart.

Show me the truth about myself.

**Give me courage to be honest, strength to face what I’ve avoided,
and grace to walk in freedom.**

**Reveal what needs healing, restore what has been broken,
and lead me in the way everlasting.**

Amen.