

# BREAKING FREE

BLOCK 2: SELF-EXAMINATION

## Christian Steps 4-6

Moral Inventory - Confession • Readiness for Change

*'Search me, O God, and know my  
heart... test me and know my  
anxious thoughts.'*

Psalm 139:23-24

By His Grace to His servant, Scott

# BLOCK 2 SELF-EXAMINATION

Christian Steps 4, 5 & 6  \*Life Portrait

Moral Inventory • Confession • Readiness for Change

“Search me, O God, and know my heart; Try me, and know my anxieties; And see if there is any wicked way in me, And lead me in the way everlasting.” — Psalm 139:23–24

## WELCOME TO THE EXAMINATION BLOCK

You are now entering one of the most important seasons of your recovery journey.

Block 1 focused on **stabilizing** your life—getting sober, learning discipline, showing up, building routines, and beginning to hear from God again. You started to admit your powerlessness, believe that Christ can restore you, and surrender your will and life to Him (Steps 1–3).

Now, in this **Examination Block**, you will go much deeper.

This 90-day block is built around the **4th, 5th, and 6th Steps of the Christian 12 Steps for Drug and Alcohol Recovery**. These three steps move you from “wanting to change” to actually letting God transform your character.

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## THE CHRISTIAN 4TH, 5TH, AND 6TH STEPS

### Christian Step 4 — Examination (Search My Heart)

“We prayerfully examined our hearts, asking the Holy Spirit to reveal sin, brokenness, and harmful patterns, so we may walk in truth and freedom.”

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.” — Psalm 139:23–24

Step 4 is about **honest examination** in the light of Christ. This is more than making a list of your mistakes—it is inviting the Holy Spirit to show you:

- Your patterns
- Your wounds
- Your beliefs
- Your defects of character
- The truth about how addiction shaped your life

This is where you begin to see **why** you drank, **why** you used, **why** you ran, **why** you exploded, **why** you shut down. It is not about blaming others; it is about understanding yourself in God's light.

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### **Christian Step 5 — Confession (Bring It to the Light)**

"We confessed our sins and struggles openly to God, ourselves, and a trusted believer—trusting that in the light of Christ, there is healing, not condemnation."

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

— 1 John 1:9

"Confess your sins to one another and pray for one another, that you may be healed."

— James 5:16

Step 5 is where the truth you discovered in Step 4 **moves from paper to the mouth**—from being written down to being openly confessed.

Here, you will:

- Tell the truth about your sin and addiction
- Admit the exact nature of your wrongs
- Bring secrets into the light

- Invite another believer to walk with you in that truth

This is not a step of punishment—it is a step of **cleansing and healing**. Confession breaks secrecy, shatters shame, and allows God’s mercy to touch places you’ve hidden for years.

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### **Christian Step 6 — Readiness (Let God Change Me)**

“We became entirely ready for God to remove every defect of character that fuels our addiction, destroys our relationships, and blocks His will in our lives.”

“Create in me a clean heart, O God,  
and renew a steadfast spirit within me.”  
— Psalm 51:10

Step 6 is where you stop trying to hold on to your old self and become **willing for God to change you deeply**. This is more than saying, “I want a better life.” It is saying, “Lord, I am ready for You to deal with the anger, pride, selfishness, lust, manipulation, fear, dishonesty, victim mentality, and all the other defects that have kept me in bondage.”

Step 4 reveals your defects. Step 5 brings them into the light. Step 6 says, “**God, I am done protecting these—have Your way in me.**”

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### **WHAT THIS 90-DAY BLOCK WILL DO**

These next 90 days are not just “classes” or “devotions.” They are a **spiritual surgery process**.

By the time you complete this block:

- You will understand your **story** in a way you never have before.
- You will see how **childhood, trauma, family patterns, stress, fear, and lies** fed your addiction.

- You will have written a **Life Portrait**—a spiritual inventory of your life from childhood to today.
- You will confront the **truth about the damage** you caused others and the damage that was done to you.
- You will bring your sins and secrets into the light through **confession**.
- You will begin to walk in **readiness for God to remove your defects of character**, instead of clinging to them for survival.

This block is where:

- **Addiction strongholds** are named.
- **Patterns** are exposed.
- **Secrets** are uncovered.
- **Shame** is confronted.
- **Responsibility** is embraced.
- **Surrender** deepens.

You are not just getting information—you are inviting **transformation**.

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## THIS BLOCK IS ABOUT RESPONSIBILITY & REPENTANCE

Earlier in the program, the focus was on **stabilizing** you: getting off the drugs and alcohol, establishing structure, building discipline, and beginning daily spiritual habits like Quiet Time, DCI, and journaling.

This block is different. Here, the Lord is calling you into:

- **Personal responsibility**: no more blaming, minimizing, or excusing.



- **True repentance:** not just feeling sorry, but turning from old ways and agreeing with God about what needs to change.
- **Honest ownership:** seeing not just what others did to you, but what you did to them.

You will still receive grace and support—but you will also be confronted with truth. Both are needed. Jesus came “full of grace and truth” (John 1:14). In this block, you will experience both:

- Grace that says, “You are loved and forgiven.”
- Truth that says, “You must change and take responsibility.”

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## THE LIFE PORTRAIT: BRINGING YOUR STORY TO THE CROSS

A central tool in this block is your **Life Portrait**—a written and prayerful examination of your life story in the light of Christ.

You will:

- Walk through stages like **childhood, adolescence, relationships, addiction, brokenness, and beginnings of healing**.
- List key events and attach honest **emotions** to each one.
- Identify **wounds, lies, patterns, vows, and strongholds**.
- Begin to see where **Jesus was present** even when you didn’t notice Him.

Your Life Portrait is not a “shame wall.” It is a **canvas of redemption**.

It is your way of saying:

“Lord, here is my story. I bring it to You. Redeem it. Use it. Heal it.”

This will culminate in sharing your Life Portrait in a **Step 5 confession setting** with a trusted leader or staff member, where prayer, Scripture, and support will surround you—not judgment.

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## A SAFE PLACE FOR HARD TRUTH

This block will bring up:

- Painful memories
- Deep regrets
- Hidden secrets
- Long-standing fears
- Old anger and shame

You may be tempted to shut down, run, blame, or numb. But remember:

- **You are in a Christ-centered environment.**
- Staff and leaders are here to walk with you, not condemn you.
- Everything you are facing, many others have faced before you.
- God already knows everything—and still chose to bring you here.

The cross already tells you how God feels about your sin and your pain:  
He took it upon Himself so you could be forgiven and healed.

“But God demonstrates His own love toward us, in that while we were still sinners,  
Christ died for us.”

— Romans 5:8

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## HOW THIS BLOCK PREPARES YOU FOR WHAT'S NEXT

This Examination Block is not the end—it is **preparation for the next stage**.

After this block, you will move more intentionally into:

- **Making amends** with those you've harmed (Step 8 & 9).
- **Restoring relationships** where possible.
- Learning healthy **boundaries** and responsibility.
- Walking out a new way of life, not just talking about it.

You cannot make real amends if you do not first:

- Understand your patterns (Step 4)
- Confess your sins and secrets (Step 5)
- Become ready for God to change your character (Step 6)

This block is where you **get right with God and yourself**, so you can move forward to **get right with others**.

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## FINAL ENCOURAGEMENT AS YOU BEGIN

This 90-day journey will not be easy—but it **will** be worth it.

- You will be tempted to hide.
- You will be tempted to blame.
- You will be tempted to minimize.
- You will be tempted to say, “This is too much.”



In those moments, remember:

- **Hiding kept you sick.**
- **Blame kept you stuck.**
- **Minimizing kept you shallow.**
- **Addiction almost killed you.**

Now, Christ is inviting you into a new way:

“You shall know the truth, and the truth shall make you free.”  
— John 8:32

You are not walking into this block alone. The Holy Spirit will guide you. The Word of God will anchor you. The people around you will support you. And Jesus Himself will walk with you into every painful memory, every hard truth, and every confession—**not to condemn you, but to set you free.**

Welcome to the Examination Block. Welcome to Steps 4, 5, and 6. Welcome to a deeper work of God in your life.

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## **90-DAY EXAMINATION BLOCK**

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Purpose: Honesty, discovery, patterns, wounds, truth, responsibility, and insight.

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# BEGINNING OF DAILY 90 WORKBOOK

## DAY 1 — WHY EXAMINATION MATTERS FOR SPIRITUAL AND EMOTIONAL FREEDOM

There comes a point in every person's recovery journey where external change is no longer enough. A man can stop using drugs for a season, change surroundings, complete programs, or even stay sober for stretches of time, yet remain internally unchanged if he never learns to examine himself honestly. That is why this block is called the Examination Block. It is the deep work of looking inward—at the heart, the history, the wounds, the triggers, the patterns, and the beliefs that shaped who we became. Most of us survived life by avoiding truth, denying pain, numbing emotions, or shifting blame. Some of us wore a mask to appear strong while privately collapsing inside. Others shut down emotionally so completely that they no longer recognized their own feelings. Examination is the opposite of pretending. It is the willingness to let God shine light into the hidden places of our hearts so He can begin the healing we have long resisted. Recovery becomes real here, because nothing kept in the dark ever gets healed, and nothing we refuse to face ever changes.

Examination is not shame, punishment, or self-hatred. It is clarity. It is responsibility without self-condemnation and truth without destruction. Many men want freedom but avoid the honesty required to receive it. We say we want change, yet we protect the very patterns that keep us bound. We say we want healing, yet we hide the wounds that need to be treated. This block will challenge you to stop running from yourself. It will help you see why you do the things you do, why you react the way you react, and why certain emotions, memories, and relationships trigger you deeply. You will learn how trauma shaped your coping behaviors, how rejection shaped your need for approval, how fear shaped your decisions, and how shame shaped your identity. You will examine not only what happened to you, but also how you responded, what you believed, and how those beliefs influenced your life as an adult. God never reveals truth to destroy you—He reveals truth to set you free.

Throughout this block you will learn to face difficult emotions without shutting down or escaping. You will learn to identify lies you believed, vows you made, and survival behaviors that once protected you but now sabotage you. You will begin taking responsibility for the choices you made—not to drown in guilt but to finally understand your own story. Step 4 requires deep honesty. Step 5 requires courageous confession. Step 6 requires readiness for transformation. None of these can happen without true

examination. This is not busywork or writing for the sake of writing—this is the heart work that determines the strength of your recovery. If you embrace this process, it will become a turning point in your life. What God shows you in this block will help shape the man you will become long after your time here. The Lord already knows the full truth about you. Now this block becomes the moment where you learn the truth about yourself and allow Him to heal it.

1. Why have I avoided examining my heart and story in the past?
  2. What part of facing the truth creates fear, resistance, or discomfort in me?
  3. What do I hope will change inside me by the end of this Examination Block?
  4. What lies or survival patterns do I already sense God wanting to expose?
  5. How willing am I today to let God show me the full truth about myself?
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## **DAY 2 — LEARNING TO FACE MYSELF WITHOUT EXCUSES OR BLAME**

One of the first steps in recovery is learning to face myself without leaning on excuses or shifting blame. People trapped in addiction become experts at avoiding responsibility. For years we blamed alcohol, drugs, stress, childhood trauma, our parents, our partners, our bosses, the courts, and even God. We excused our drinking or using by saying, “I had a bad day,” “They pushed my buttons,” or “Anyone in my shoes would have done the same.” We convinced ourselves we weren’t really hurting anyone, or that our addiction was someone else’s fault.

But excuses are the fuel that keep addiction alive. Blame protects the addiction instead of exposing it. Every excuse reinforces denial; every blame-shift keeps us spiritually blind. Addiction cannot survive in a man who takes full responsibility for his choices. It thrives only in the man who hides behind “reasons.”

Facing ourselves is uncomfortable because responsibility requires maturity. But responsibility is where freedom begins. No one heals until they stop defending their behavior. No one grows until they stop excusing their actions. No one changes until they stop protecting their addiction with words like “It wasn’t my fault,” “You don’t understand,” or “I couldn’t help it.”

God is not asking you to blame yourself for everything that happened to you — He is asking you to own how you responded. He is inviting you to become the kind of man who tells the truth about his decisions without shame, excuses, or justification. When we stop hiding, the Holy Spirit begins healing. When we stop blaming others, God begins restoring us. When we face ourselves honestly, we finally step into adulthood, dignity, and freedom.

**Reflection Questions:**

1. What excuses have I used most often to avoid responsibility?
  2. Who or what have I blamed for my behavior or decisions?
  3. What do I feel when I accept responsibility instead of avoiding it?
  4. Why is it hard for me to admit my part in things?
  5. What truth about myself do I sense God wanting me to finally face?
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**DAY 3 — UNDERSTANDING THE DIFFERENCE BETWEEN HONESTY AND EXPOSURE**

Honesty is when you willingly tell the truth. Exposure is when the truth comes out without your permission. For many of us, addiction forced exposure again and again. Our secret behaviors eventually got found out. Our lies collapsed under their own weight. Our drug use or drinking cost us relationships, jobs, reputation, freedom — or all of the above. Addiction always exposes a man eventually. It brings darkness into the light whether he is ready or not.

Exposure is painful and humiliating because it strips away the illusion of control. Addiction convinces a man he can hide anything, manage everything, and escape consequences forever. But sin has a way of revealing itself no matter how hard we try to cover it. Exposure is a crash — honesty is a choice.

Honesty, on the other hand, is a gift we give ourselves. It brings dignity back into your life. It allows you to step out of the prison of secrecy. When a man chooses honesty, he no longer has to juggle lies, maintain stories, or fear being found out. He stops living two

lives — a clean life on the outside and a chaotic life in secret. Honesty ends the exhausting double-mindedness that addiction demands.

But honesty is not emotional chaos. It is not dumping your entire past on the table all at once. It is not shaming yourself or oversharing to gain sympathy. Real honesty is calm, humble, simple, and clear. It is truth spoken in a way that leads to healing, not drama. It is admitting the reality of who you are and what you've done — not to condemn yourself but to allow God to transform you.

In this program, God is teaching you how to be a man who chooses truth before the truth chooses him — a man who confesses, not a man who gets caught.

**Reflection Questions:**

1. When has life exposed me because I refused to be honest?
2. What makes honesty feel risky to me?
3. How is honesty different from oversharing or shaming myself?
4. What is one truth I need to willingly bring into the light?
5. How does choosing honesty lead to real freedom?

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**DAY 4 — WHY ISOLATION FEEDS BONDAGE AND CONNECTION HEALS**

Addiction is a disease of isolation. It thrives in secrecy, darkness, hiding, and loneliness. Most of us learned long before addiction that withdrawing felt safer than connecting. Trauma, rejection, abandonment, and emotional neglect taught us to shut down rather than open up. Later, alcohol and drugs became our escape from people, pain, and responsibility. Isolation became our comfort zone — not because it made us healthy, but because it kept us numb.

The problem is that isolation is where addiction grows strongest. When we stay alone, our old thinking increases. Our denial gets louder. Our self-pity dominates. Our temptations intensify. Our emotions become distorted. We get trapped in our own head, and that is the most dangerous place for an addicted man to live. Isolation is the breeding ground for relapse.

Recovery cannot happen alone. God designed healing through relationship — with Him and with people. When you sit with brothers, listen in class, open up in group, or ask for prayer, something breaks inside the addiction. Light enters where darkness lived. Honesty enters where hiding ruled. Stability enters where loneliness once controlled.

Connection does not mean trusting everyone immediately. It means refusing to walk the program like a lone wolf. It means allowing God to use community to heal what isolation harmed. The enemy works in secrecy and silence — but God heals through connection, unity, confession, and fellowship.

### **Reflection Questions:**

1. What has isolation cost me emotionally, spiritually, and relationally?
  2. Why do I feel safer alone, even when it hurts me?
  3. How does connection help break bondage?
  4. What is one small step toward connection I can take this week?
  5. What part of me still resists letting people in?
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## **DAY 5 — RECOGNIZING MY AVOIDANCE PATTERNS**

Avoidance is one of the most destructive patterns in addiction. Addiction itself is avoidance — an escape from pain, pressure, fear, shame, and responsibility. Instead of facing life, we numbed it. Instead of dealing with emotions, we medicated them. Instead of resolving conflict, we dodged it. Avoidance became our default response to anything uncomfortable.

Avoidance takes many forms in addicted men: shutting down emotionally, procrastinating, ignoring responsibilities, blaming others, hiding in humor, withdrawing in silence, disappearing into fantasy, or using substances to escape reality. Every time we avoided something difficult, addiction grew stronger.

Avoidance also keeps us emotionally immature. It freezes us at the age where we started numbing. It stunts our relationships, sabotages our opportunities, and makes small problems grow into crises. A man who avoids never grows — he only survives.

This block will teach you to face what you once ran from. With the Holy Spirit's help, you will begin identifying your avoidance triggers, avoidance fears, and avoidance behaviors. You will learn to walk toward discomfort with courage instead of running from it with excuses. You cannot heal what you refuse to face — but the moment you stop avoiding, you start transforming.

### Reflection Questions:

1. What situations or emotions do I avoid most often?
  2. How has avoidance harmed my relationships or recovery?
  3. What fear hides underneath my avoidance?
  4. What avoidance pattern do I already see God challenging in me?
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## DAY 6 — ACCEPTING RESPONSIBILITY FOR MY CHOICES WITHOUT SHAME

One of the most important skills in recovery is learning to take responsibility without collapsing into shame. Addiction trained us to swing between two extremes: either blaming everyone else for our behavior or blaming ourselves so harshly that we drown in guilt. Neither approach produces freedom. Responsibility is not self-punishment — it is simply acknowledging reality. It is standing before God and saying, “Lord, this was my choice... and I’m ready for You to help me change.”

Addiction thrives where responsibility is avoided. Every time we blamed childhood trauma, broken relationships, stress, anger, or “needing a release,” we protected the addiction instead of confronting it. Blame kept us stuck in denial; shame kept us stuck in despair. God calls us to neither. Instead, He calls us to truth. **“You shall know the truth, and the truth shall make you free” (John 8:32).**

Taking responsibility separates the truth of what I did from the lie that what I did is who I am. God convicts us to lift us up, not tear us down. **Conviction is a gift — condemnation is a trap.** Conviction says, “You are better than this. Come up higher.” Condemnation says, “You are this, and you will never change.” Scripture is clear: **“There is now no condemnation for those who are in Christ Jesus” (Romans 8:1).**

Mature, healthy recovery begins when a man stops hiding from responsibility. This is where courage grows. This is where dignity rises. This is where a man becomes

teachable and ready for lasting change. Responsibility is not your enemy — it is the door to your future. Shame will chain you to your past, but responsibility will guide you into freedom.

### Reflection Questions

1. Why is it hard for me to take responsibility without shaming myself?
  2. What is the difference between conviction and condemnation?
  3. What is one area where I need to take responsibility today?
  4. How has avoiding responsibility kept me stuck?
  5. What would change if I learned to accept truth without collapsing under it?
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## DAY 7 — HOW GOD USES TRUTH TO BREAK STRONGHOLDS

Strongholds don't break by willpower — they break by truth. Addiction itself is a stronghold: a pattern of thinking, believing, feeling, and acting that has taken control. Strongholds form through years of pain, trauma, fear, rejection, and repeated sinful coping. Many men entering recovery have strongholds such as anger, resentment, shame, abandonment, perfectionism, fear of failure, addiction to approval, or hopelessness.

Scripture tells us plainly:

**“The weapons of our warfare are... mighty through God to the pulling down of strongholds” (2 Corinthians 10:4).**

These strongholds are rooted in **lies** — lies about God, lies about ourselves, and lies about our worth. The addiction says, “You need this. You can't cope without this. You'll never change.” God says, “My grace is sufficient... My power is made perfect in weakness” (2 Corinthians 12:9).

Truth exposes the lie underneath the stronghold, reveals the wound beneath the behavior, and uproots the fear that drives the addiction. Truth isn't meant to humiliate you — it's meant to liberate you. **“You will know the truth, and the truth will make you free” (John 8:32).**

When you stop running from truth and allow God to show you what you've never



wanted to face, chains begin to break. Patterns weaken. The mind begins to renew. What dominated you begins to lose power.

In this Examination Block, God is teaching you how to stop fighting your strongholds in your own strength and instead let His truth do the work.

### Reflection Questions

1. What strongholds have I noticed in my thinking or behavior?
  2. What lies have I believed that gave these strongholds power?
  3. How does truth — and only truth — break strongholds?
  4. What truth has God already begun to show me since arriving here?
  5. What stronghold do I want to see broken in this block?
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## DAY 8 — UNDERSTANDING THAT HIDING KEEPS ME SICK

From the moment sin entered the world, humans began hiding. Adam hid from God in the garden, and mankind has been hiding ever since — behind shame, behind fear, behind anger, behind performance, behind silence, behind addiction. For many men, drugs and alcohol were not simply substances; they were **hiding places**. They helped us hide from emotions, hide from responsibilities, hide from truth, hide from disappointment, and hide from ourselves.

But Scripture is clear:

**“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.” (Proverbs 28:13).**

What we hide grows stronger. What we bury gains power. What we refuse to face eventually becomes the very thing that destroys us. Addiction thrives in secrecy. Recovery requires the opposite — openness, honesty, and light.

Hiding always feels safer at first, but it slowly poisons the soul. It keeps us spiritually immature, emotionally numb, and relationally distant. God does not ask you to expose yourself recklessly to everyone — but He does ask you to stop hiding from Him and from the parts of your heart that need healing.

**“Everything exposed by the light becomes visible — and everything that is illuminated becomes a light.” (Ephesians 5:13–14).**

The Examination Block will gently dismantle your hiding places. God will not force you into the light — He invites you. He reveals only what you are ready to heal. Freedom begins the moment you stop running from the parts of your story that need His touch.

### **Reflection Questions**

1. What parts of my life have I hidden the longest?
  2. Why does hiding feel safer than honesty?
  3. How has hiding kept me sick emotionally or spiritually?
  4. What is something small I need to stop hiding today?
  5. What do I fear will happen if I let God into the places I've hidden?
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## **DAY 9 — LEARNING TO SIT STILL WITH TRUTH WITHOUT RUNNING**

Running is one of the oldest patterns in addiction. Long before we ever picked up a drug or a bottle, we ran — from pain, from rejection, from responsibility, from conflict, from emotions, from memories, from truth. Addiction simply became the final stage of our running. It numbed the truth so we wouldn't have to feel or face it.

But recovery demands the opposite. Sitting still with truth is one of the most powerful spiritual disciplines you will ever learn. Stillness is where the addiction loses power. Stillness is where emotions surface and begin to heal. Stillness is where the mind slows down enough to hear God.

**“Be still, and know that I am God.” (Psalm 46:10)**

Stillness is uncomfortable because it removes our usual escape routes. There is no substance to numb us, no chaos to distract us, no excuses to hide behind. Stillness forces us to be honest about who we are and what we feel. But it is in this uncomfortable space that the Holy Spirit begins to transform us.

The men who grow the most in this program are not the loudest men, the most talented men, or the most religious men — they are the men who stop running long enough to

allow God to reach them.

**“In repentance and rest is your salvation, in quietness and trust is your strength.” (Isaiah 30:15)**

Stillness is not weakness. It is strength under the Spirit’s control.

### **Reflection Questions**

1. Why is it difficult for me to sit still with uncomfortable truth?
  2. What do I typically do to avoid emotional or spiritual discomfort?
  3. How has running shaped my life, relationships, and decisions?
  4. What is one truth I need to sit with today, even if it’s uncomfortable?
  5. What would change if I learned to stop running from myself?
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## **DAY 10 — UNDERSTANDING THE HOLY SPIRIT’S ROLE IN REVEALING MY HEART**

True examination is impossible without the Holy Spirit. Human effort can identify surface-level behaviors, but only the Holy Spirit can reveal the deeper wounds, lies, fears, and patterns that drive addiction.

**“The Spirit searches all things, even the deep things of God.” (1 Corinthians 2:10)**

The Holy Spirit reveals truth not to shame you, but to free you. He exposes wounds not to reopen them, but to heal them. He convicts — not condemns — so that you can walk in the freedom Jesus purchased for you. Jesus said the Spirit would guide us into all truth (John 16:13), and truth is exactly what breaks addiction’s power.

Many men fear what God will show them, but the Holy Spirit never reveals anything you are not ready to handle. He moves gently, wisely, and compassionately. He reveals your heart at a pace designed for healing, not harm.

**“He heals the brokenhearted and binds up their wounds.” (Psalm 147:3)**

As you walk through this block, you will begin learning how to recognize the difference between the enemy’s voice (shame, accusation, fear) and the Spirit’s voice (conviction, love, clarity, guidance). You will learn how to invite the Holy Spirit into your past, your

story, your wounds, and your addiction — and how to trust Him with the parts of your heart you have feared the most.

You are not walking this journey alone — God Himself is revealing, healing, and restoring.

### Reflection Questions

1. What fears do I have about letting the Holy Spirit reveal my heart?
  2. How can I tell the difference between conviction and condemnation?
  3. What has the Holy Spirit already shown me since entering the program?
  4. What area of my heart or story do I sense God wanting to reveal next?
  5. Am I willing to trust the Holy Spirit with my entire story?
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## DAY 11 — THE POWER OF BRINGING MY STORY INTO THE LIGHT

One of the most powerful steps you will take in recovery is learning to bring your story into the light. Addiction thrives in secrecy. Drinking and using gave us a way to bury memories, silence emotions, and push down pain we didn't want to face. We told ourselves, "That was a long time ago," or "It didn't really affect me," or "I don't care anymore." But the truth is simple: **whatever is not brought into the light cannot be healed.**

Jesus said, "**For nothing is hidden that will not be disclosed, and nothing concealed that will not be known and brought out into the open**" (Luke 8:17). The Holy Spirit does not bring your story into the light to embarrass you; He does it so you no longer have to carry it alone. When parts of your story stay hidden, they continue influencing your thoughts, emotions, reactions—and even your addiction—from the shadows. Many of the urges to run, drink, use, or escape are tied to things we've never truly faced.

When your story stays buried, it stays powerful. But when it comes into the light before God and safe people, it begins to lose its grip. The very things the enemy meant for destruction can become places of healing, wisdom, and even ministry. "**The light**

**shines in the darkness, and the darkness has not overcome it” (John 1:5).**

Bringing your story into the light does not mean telling everyone everything; it means being willing to acknowledge what shaped you so the Lord can begin transforming it. Real strength is not hiding what happened—it is letting Christ step into it and redeem it.

### **Reflection Questions**

1. What parts of my story have I been afraid to bring into the light?
  2. Why does keeping my story hidden feel safer, even when it hurts me?
  3. How might bringing truth into the light help me heal?
  4. What emotions surface when I think about facing my past honestly?
  5. What small step of honesty can I take today regarding my story?
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## **DAY 12 — IDENTIFYING SIGNIFICANT LIFE MOMENTS THAT SHAPED ME**

Every person has key moments that shaped how they think, feel, react, trust, and relate. For many of us, some of those moments became the roots of our addiction. The first time we felt deep rejection. The first time we were abused, shamed, or humiliated. The first time we felt completely alone and reached for a bottle, a pill, a needle, or pornography to cope. Those moments didn’t just “happen”—they helped form our internal world.

Some moments were positive and life-giving: a coach who believed in us, a grandmother who prayed for us, a church service where we sensed God’s love. Others were painful, confusing, or traumatic. Without realizing it, we built coping mechanisms around those events. Some moments taught us fear. Some taught us to numb. Some taught us to never trust. Some taught us to be angry and defensive. Some taught us to use substances to escape reality.

Scripture reminds us that God sees our whole story: **“All the days ordained for me were written in your book before one of them came to be” (Psalm 139:16).** In this block, God is not dragging you backward to shame you—He is helping you look back so you finally understand why you became who you became. Identifying these moments is not about reliving pain; it is about recognizing where the enemy planted lies and where Jesus now wants to plant truth. When you understand the moments that shaped you,

you begin to understand the patterns that control you—and once you see them, by God’s grace, they can be changed.

### Reflection Questions

1. What are some major moments from my life that still affect me today?
  2. Which of those moments were painful, and how did I react to them?
  3. What positive moments shaped me in meaningful ways?
  4. How might God want to use my past moments for healing or growth?
  5. What moment from my past do I avoid thinking about the most?
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## DAY 13 — CHILDHOOD EXPERIENCES THAT FORMED MY REACTIONS

Before we ever picked up drugs or alcohol, we learned how to react to life as children. Childhood is where we developed our first emotional reflexes. If home was chaotic, unpredictable, or violent, we learned to be on edge. If it was cold, distant, or emotionally shut down, we learned to keep everything inside. If we were criticized constantly, we learned shame and overreaction. If we were abandoned or neglected, we learned to cling, control, or push people away before they could hurt us.

These early reactions didn’t feel like “choices”—they felt like survival. But survival mode in childhood often becomes bondage in adulthood. The same reactions that once helped us cope can later drive us deeper into addiction. Drinking, using, or acting out often became an extension of our childhood reactions: numbing pain instead of feeling it, exploding in anger instead of talking, withdrawing instead of trusting, manipulating instead of asking for help.

God wants to bring understanding instead of confusion. **“When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things” (1 Corinthians 13:11).** Understanding childhood experiences is not about blaming parents for everything; it’s about seeing how our early environment trained us to react. When we understand where our reactions began, we finally gain the power, in Christ, to respond differently.

### Reflection Questions

1. What emotional reactions did I learn as a child?
  2. How do those reactions still show up in my adult life?
  3. What emotions were not allowed or not safe in my home growing up?
  4. What was I missing as a child that I still struggle with today?
  5. How might my childhood reactions be influencing my recovery today?
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## **DAY 14 — HOW MY FAMILY OF ORIGIN INFLUENCED MY BELIEFS**

Our family of origin is the first “school of life” we attended. Whether it was healthy or broken, present or absent, loving or abusive—it shaped what we believe about love, trust, safety, conflict, authority, God, and ourselves. Some of us came from homes where addiction was normal—alcohol in the house, drugs on the table, chaos everywhere. Others came from homes where addiction wasn’t present, but emotional coldness, religion without relationship, perfectionism, or silent shame set the tone.

We learned what to expect from people by watching the people closest to us. If conflict always ended in screaming, we learned to either explode or shut down. If no one ever said “I love you,” we learned to question our worth. If religion was harsh and condemning, we may have learned to see God as angry and distant. If money, success, or toughness mattered most, we learned to perform, impress, or hide weakness.

The Bible shows the impact of family patterns across generations, yet also the power to break them: **“You shall not follow the patterns of your fathers... but you shall fear the Lord your God” (see 2 Kings 17:34–35)**. You are not doomed to repeat your family’s story—but you do need to understand how it shaped your beliefs. God wants to expose the false beliefs that are fueling your addiction and replace them with His truth, so that your recovery is not just about staying sober, but about learning to live as a son of God.

### **Reflection Questions**

1. What beliefs did I learn in my family about trust, love, or conflict?
2. How did my family handle emotions or problems?



3. What belief from my family has held me back the most?
  4. What belief from my family has helped me the most?
  5. How is God trying to reshape the beliefs I learned growing up?
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## DAY 15 — RECOGNIZING EARLY WOUNDS THAT STILL AFFECT ME

Every person carries wounds from childhood or adolescence—moments of rejection, abandonment, fear, humiliation, criticism, bullying, violence, abuse, or emotional neglect. For many of us, alcohol and drugs became our way to **medicate those wounds**. Instead of saying, “I’m hurt,” we said, “I need a drink,” or “I need a hit.” Instead of letting God touch the wound, we poured chemicals over it and called that “coping.”

These wounds often sit just beneath the surface, influencing how we see ourselves and how we react to life. One wound may whisper, “You’re not enough.” Another may say, “You’re unlovable.” Another may say, “You’re on your own. Never trust anyone.” We carry these messages into adulthood and into addiction, and they drive our behavior more than we realize.

Scripture tells us that God is close to the broken: **“The Lord is near to the brokenhearted and saves those who are crushed in spirit” (Psalm 34:18).**

Recognizing early wounds is not about reliving trauma or blaming everyone from our past. It is about understanding why certain triggers hit us so hard, why we overreact or shut down, why we feel driven back toward addiction when certain emotions surface. Once you see where the wound came from—and invite Jesus into it—the wound can begin to heal instead of silently directing your life.

### Reflection Questions

1. What painful moments from my early life still affect me emotionally?
2. What wound do I avoid because it feels too painful or confusing?
3. What belief did that wound create in me?
4. How has that wound shaped my relationships or reactions?
5. What wound do I sense God inviting me to face and heal?

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## DAY 16 — UNDERSTANDING HOW I LEARNED TO COPE

(Expanded, addiction-integrated, Christ-centered)

Before alcohol or drugs ever entered our lives, we learned how to cope with pain. Nobody wakes up one day and decides to become an addict—addiction grows slowly, fed by a lifetime of coping strategies that were never healed. Some of us coped through anger, believing power could protect us. Some coped through silence, believing emotions were dangerous. Some coped through perfectionism, thinking that “being good” would prevent rejection. Others coped by becoming invisible—keeping their heads down, never saying how they really felt.

Still others coped through escape long before they ever touched alcohol or drugs. We escaped into television, fantasy, isolation, food, pornography, or risky behavior. Addiction was simply the next stage of our coping—it became the “solution” that eventually became the problem. Scripture describes this pattern clearly: **“Each person is tempted when they are dragged away by their own desire... and desire gives birth to sin” (James 1:14–15).**

Coping behaviors are not random. They are survival skills learned in childhood, during moments when life felt unsafe, unstable, or overwhelming. A child who feels powerless learns to cope with control. A child who feels unseen learns to cope with performance. A child who feels unsafe learns to cope with anger or withdrawal. These coping strategies helped us survive—but they cannot help us heal. And when these old strategies failed to protect us as adults, we reached for alcohol or drugs to numb the pain those very strategies created.

Recovery requires understanding how we learned to cope so that we can learn to cope differently. God is not asking you to judge your old coping patterns—He is inviting you to understand them so He can replace them with truth, strength, and new habits. Scripture says, **“He restores my soul” (Psalm 23:3).** Restoration begins when you understand why you reached for addiction in the first place.

### Reflection Questions

1. What unhealthy coping strategies do I recognize in my life?
2. When did I first learn to cope this way?

3. How has my coping led to addiction or self-destruction?
  4. What healthy coping skill do I need to learn?
  5. How is God challenging me to respond differently now?
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## DAY 17 — HOW TRAUMA ALTERS DECISION-MAKING

(Expanded & double-length)

Trauma does not simply create painful memories—it rewires the brain. It shapes how we respond to danger, how we interpret people’s intentions, and how we make decisions under pressure. When a man grows up in an environment marked by violence, instability, addiction, emotional absence, criticism, or fear, the brain adapts in ways that later become destructive. Trauma trains us to react—not to think. It teaches us survival, not wisdom. Scripture acknowledges this reality: **“The broken spirit dries up the bones” (Proverbs 17:22)**. Trauma wounds the deep places where decisions are made.

Trauma makes us overly alert, jumpy, defensive, or numb. It makes small problems feel huge, and normal disagreements feel threatening. It can cause us to misread situations—interpreting correction as rejection, boundaries as abandonment, or love as danger. For many men, trauma creates a craving for escape. Alcohol or drugs become a form of self-medication—not because someone is weak, but because their nervous system has been overloaded for years.

Trauma pushes us toward impulsive decisions. The brain shifts into “survival mode,” making quick, emotional choices designed only to reduce fear—not to build a future. Many men use because trauma taught them to avoid pain at all costs. Trauma creates “automatic reactions”—fight, flight, freeze, or fawn. These reactions feel natural, but they sabotage relationships, work, recovery, and spirituality.

God does not leave trauma untouched. **“He heals the brokenhearted and binds up their wounds” (Psalm 147:3)**. Healing does not erase the past, but it retrains the brain to respond through peace instead of panic, through truth instead of fear, and through wisdom instead of impulsiveness. The Lord wants to take trauma out of the driver’s seat of your life and replace it with His Spirit. Decisions based on trauma lead to addiction; decisions based on truth lead to freedom.

## Reflection Questions

1. What traumatic events from my past still affect my reactions today?
  2. How has trauma influenced my decision-making?
  3. What decisions have I made out of fear instead of wisdom?
  4. What does my body or mind do when something reminds me of past trauma?
  5. How do I believe God wants to heal and retrain these reactions?
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## DAY 18 — IDENTIFYING REPEATED CYCLES IN MY LIFE

(Expanded, addiction-focused)

Cycles reveal the truth we've ignored. When we find ourselves repeating the same patterns—relapsing after every crisis, getting into the same kinds of relationships, running from responsibility, exploding in anger, isolating when we're hurt, or sabotaging progress—it means something deeper is driving the behavior. These cycles are spiritual, emotional, and neurological patterns formed over years. They are not random—they are rooted.

Most addiction cycles follow the same path: emotional pain → unhealthy coping → sinful or addictive behavior → shame → isolation → more pain → escape. Over time, this cycle becomes automatic. The apostle Paul described it perfectly: **“The very thing I hate, I do” (Romans 7:15).**

Cycles continue because the root causes remain unhealed.

Sometimes we repeat cycles because we never understood why they began. Sometimes because we believed lies about ourselves. Sometimes because we were too ashamed to ask for help. Addiction is a cycle that grows stronger when unexamined. But when a man finally sees his cycles clearly, the cycle loses power. This is the gift of examination: God shines light on patterns so we can break them.

You cannot change what you refuse to see. However, once a man brings his repeated cycles into the light of Christ, they begin to break. Healing begins with awareness. Transformation begins with honesty. Freedom begins when you stop calling your cycles “bad luck” and start calling them what they are: invitations from God to change.

## Reflection Questions

1. What unhealthy cycles do I notice repeating throughout my life?
  2. How have these cycles hurt my relationships or recovery?
  3. What emotions or beliefs seem to trigger these cycles?
  4. When did I first start repeating this pattern?
  5. What cycle do I want God to break during this block?
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## DAY 19 — SEEING PATTERNS PASSED DOWN IN MY FAMILY

(Expanded heavily, addiction-specific)

Many struggles we face today did not start with us—they were passed down. Family patterns are powerful. Scripture teaches this principle clearly: **“The sins of the fathers are passed down to the children to the third and fourth generation” (Exodus 34:7)**. This doesn’t mean God is punishing you for your family’s sins—it means patterns left unhealed become inherited behaviors.

If addiction ran in your family, you likely learned coping, communication, anger, avoidance, or denial from people who were themselves hurting. If your family used alcohol to relax, avoid conflict, or escape pain, you absorbed that message without ever realizing it. If your family ignored problems instead of addressing them, you learned silence. If your family numbed emotions, you learned numbness. If your family exploded with anger, you learned fear or aggression.

We repeat what we see. We absorb what we experience. We reenact what we were taught. Some of these patterns were emotional—fear, shame, perfectionism, criticism, or codependency. Some were relational—abandonment, instability, violence, manipulation. Some were spiritual—legalism, hypocrisy, cold religion, or spiritual emptiness.

The enemy wants generational cycles to continue. But Jesus came to break generational bondage: **“If the Son sets you free, you will be free indeed” (John 8:36)**. Understanding your family patterns is not about blaming anyone—it is about recognizing the blueprint you were handed so that you can decide what you will hand to

the next generation. God is not only healing you—He is interrupting decades of pain through you.

### Reflection Questions

1. What patterns do I see running through my family line?
  2. Which of these patterns have shown up in my own life?
  3. How did these patterns influence my relationships or decisions?
  4. What generational pattern do I want God to break in me?
  5. What new legacy do I want to create for the future?
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## DAY 20 — HOW STRESS AND FEAR SHAPED MY IDENTITY

Stress and fear are two of the most powerful forces shaping a man's identity. When stress becomes normal—financial chaos, yelling in the home, addiction in the house, unpredictable behavior, or emotional instability—we adapt by forming an identity based on survival rather than truth. When fear becomes part of daily life, we begin to see ourselves through the lens of threat, failure, shame, or rejection.

Fear teaches us: “Don’t trust.” “Don’t try.” “Don’t feel.” “Don’t hope.”

Stress teaches us: “You’re alone.” “You must control everything.” “You’re not safe.”

These beliefs become the soil in which addiction grows. Alcohol and drugs become a temporary identity—“the confident me,” “the numb me,” “the fearless me,” “the relaxed me,” “the social me.” In reality, substances distort and destroy identity. They convince us we can’t function without them. They create a false self—one that feels powerful in the moment but powerless afterward.

Scripture tells us clearly: **“God has not given us a spirit of fear, but of power, love, and a sound mind” (2 Timothy 1:7).** Fear-based identity is not from God.

Stress-based living is not your calling. Every time you chose addiction, it was an attempt to escape an identity shaped by fear and stress. But recovery is about rediscovering who you were created to be—beyond addiction, beyond fear, beyond stress, beyond survival.

Christ rebuilds your identity through truth, not trauma. Through peace, not panic. Through sonship, not shame. Through purpose, not pain. You are not who stress made you to be. You are who God declares you to be.

### Reflection Questions

1. What stressful or fearful environments shaped my identity?
  2. What fears still influence how I see myself today?
  3. How has stress pushed me toward addiction or escape?
  4. What would it look like to live from truth instead of fear?
  5. What part of my identity do I sense God healing or reshaping now?
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## DAY 21 — LEARNING TO IDENTIFY MY PRIMARY EMOTIONS

Many men enter recovery nearly emotionally blind. We know how to say, “I’m mad,” “I’m fine,” or “I’m good,” but underneath those words are layers of emotions we never learned to name: fear, sadness, shame, disappointment, loneliness, grief, jealousy, anxiety, embarrassment, insecurity, and helplessness. Years of drinking and using trained us to numb instead of notice. We used drugs or alcohol to avoid feeling, not to understand feeling. Over time, we became strangers to our own hearts.

Addiction cuts the connection between what we feel and what we can name. Before Christ and before recovery, many of us lived in survival mode. There was no space to sit still, reflect, and ask, “What am I really feeling right now?” Our emotions were either explosively obvious (rage, outbursts, drama) or deeply buried (numbness, shutdown, indifference). The bottle, the pill, the needle, or the high became our emotional language. Instead of saying, “I feel rejected,” we got high. Instead of saying, “I feel ashamed,” we drank. Instead of admitting, “I feel alone,” we used.

Scripture tells us, **“Be still, and know that I am God” (Psalm 46:10)**. Stillness is impossible when we stay disconnected from what we feel. God did not create emotions to control us; He created them as indicators of what is happening in our hearts. Anger may reveal an underlying hurt. Anxiety may reveal a deep fear of abandonment. Numbness may reveal a history of trauma and overload. Emotions themselves are not

sin—they are signals. Sin comes when we react in unhealthy ways or run from those signals.

Jesus Himself experienced real emotions. He wept at Lazarus's tomb (John 11:35). He felt compassion for crowds (Matthew 9:36). He felt anguish in Gethsemane (Luke 22:44). He felt righteous anger in the temple (John 2:15–17). If the Son of God experienced emotion honestly and brought those emotions to His Father, then learning to identify our emotions is part of learning to follow Him.

In this Christ-centered addiction recovery program, God will teach you to slow down and ask, “What am I really feeling right now?” As you learn to identify your primary emotions instead of numbing them, you will no longer need alcohol or drugs to manage what your heart carries. Once you can name what you feel, you can finally invite Jesus into it.

### Reflection Questions

1. What emotions do I experience most often but rarely acknowledge?
  2. What emotions am I most afraid to feel?
  3. How did I learn to hide or deny my emotions growing up?
  4. What does God want to teach me about emotional honesty?
  5. What emotion am I feeling right now as I read this?
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## DAY 22 — WHY PAINFUL EMOTIONS ARE TEACHERS, NOT ENEMIES

Most of us came into this program with a deep fear of painful emotions. We spent years running from sadness, fear, grief, rejection, humiliation, and shame. Drugs and alcohol became our “solution” to the ache. Instead of learning from our emotions, we numbed them. Instead of asking, “What is this feeling trying to show me?” we reached for a drink, a hit, or a high. In doing so, we trained ourselves to see painful emotions as enemies.

But from God's perspective, painful emotions are not enemies—they are **teachers**. They are signals that something in us needs attention, healing, and truth. Scripture says, **“The Lord is close to the brokenhearted and saves those who are crushed**



**in spirit” (Psalm 34:18).** Notice: He draws near to brokenness, not to fake strength. He meets us in emotional pain, not denial.

Anger may be pointing to fear or injustice. Sadness may be pointing to loss that has never been grieved. Anxiety may point to deeply rooted insecurity and lack of trust. Shame may point to a wound where a lie was planted—“You’re no good,” “You’re dirty,” “You’re beyond help.” Resentment may be pointing to unhealed hurt and unforgiveness. These emotions are not random; they are signals that the heart needs care.

When we refuse to feel, we refuse to heal. Every time we used alcohol or drugs to avoid painful emotions, we postponed our healing. Pain doesn’t vanish; it waits. It sits beneath the surface and leaks out through addiction, rage, depression, isolation, or self-hatred. In this Christ-centered program, God is inviting you to stop running and start listening. Not listening to lies, but listening to what pain is pointing to.

Painful emotions become powerful teachers when we bring them to Christ. We can say, “Lord, I feel ashamed—what are You saying to me here?” or “Lord, I feel terrified—what wound is this connected to?” The Holy Spirit uses those honest moments to lead us into truth. **“When the Spirit of truth comes, He will guide you into all truth” (John 16:13).** Pain becomes a signal, not a sentence. It no longer controls us; it informs us.

In recovery, you will learn how to feel without fleeing, how to sit with pain without drinking it away, and how to let God turn painful emotions into pathways for freedom.

### **Reflection Questions**

1. What painful emotions do I avoid the most, and why?
2. What might these emotions be trying to show me?
3. How has running from painful emotions harmed me?
4. How does God meet me in emotional pain?
5. What painful emotion surfaced recently that I need to examine?

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## **DAY 23 — THE LIES I BELIEVED ABOUT MYSELF**

Addiction doesn't just destroy bodies and relationships—it targets identity. Long before we ever picked up a substance, lies began forming inside us. They came through wounds, failures, harsh words, rejection, neglect, comparison, or abuse. No one had to sit us down and say, “You are worthless.” Life experiences whispered it, over and over, until it felt true.

These identity lies sound like:

- “I’m not good enough.”
- “I’m always a screw-up.”
- “I’m unlovable.”
- “I’m weak.”
- “I’m a bad person.”
- “I’ll always be an addict.”
- “I’m beyond repair.”
- “I’m alone.”

When these lies go unchallenged, they shape how we live. A man who believes he’s worthless will act in self-destructive ways. A man who believes he’s unlovable will push people away. A man who believes he can never change will stop trying. These lies become the soil where addiction grows. Substances become our way to escape the pain of who we think we are.

But Jesus said, “**You will know the truth, and the truth will make you free**” (John 8:32). Recovery is not just about behavior; it is about exposing and replacing the lies that have ruled your heart. The Examination Block is where God begins to uncover these identity lies so He can uproot them and replace them with His truth.

The Word of God says:

- You are **fearfully and wonderfully made** (Psalm 139:14).
- You are **deeply loved** (John 3:16; Romans 5:8).

- You are **chosen** (Ephesians 1:4).
- You can be **forgiven and cleansed** (1 John 1:9).
- In Christ, you are a **new creation** (2 Corinthians 5:17).

Your identity is not defined by your addiction, your record, your worst sin, or your past failure. Your identity is defined by your Creator and Redeemer. As you walk through this block, God will begin to shine light on the lies you've believed about yourself and speak a better word over your life.

### Reflection Questions

1. What lies have I believed about who I am?
2. Where did these lies come from?
3. How have these lies influenced my decisions and relationships?
4. Which lie do I sense God breaking first?
5. What truth from Scripture corrects that lie?

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## DAY 24 — LIES I BELIEVED ABOUT GOD

Our view of God is often formed long before we know Him personally. For some, God was presented as harsh, easily angered, or impossible to please. For others, He seemed distant, uninterested, or absent when we needed Him most. Some of us looked at the pain we went through and concluded, “God doesn’t care,” “God forgot me,” or “God must be against me.” These beliefs rarely come from the Bible; they come from pain, disappointment, or the failures of people in authority.

If we believed God was harsh, we ran from Him. If we believed He was distant, we didn’t bother praying. If we believed He was disappointed, we tried to clean ourselves up before coming near Him—and when we failed, we went back to addiction. The enemy loves to twist our view of God because if he can convince us God is not safe, we will run to alcohol and drugs for comfort instead.

Jesus came to show us exactly what God is like. **“Anyone who has seen Me has seen the Father” (John 14:9).** When we look at Jesus in the Gospels—healing the broken, forgiving sinners, restoring outcasts, dining with failures, weeping with the hurting—we are seeing the heart of the Father. He is compassionate, patient, truthful, forgiving, and deeply interested in the broken places of our lives.

The Holy Spirit will use this block to expose the lies you believed about God. Not to shame you, but to free you. God is not the distant, cold, angry figure your wounds might have painted. He is the Father who runs to the prodigal son, embraces him, and restores him (Luke 15:11–24). Recovery is not just leaving addiction; it is returning to a Father you never really knew.

### Reflection Questions

1. What did I believe God was like before entering this program?
  2. Where did those beliefs come from?
  3. What lie about God has caused me the most damage?
  4. What has Jesus revealed about God that challenges those lies?
  5. What truth about God do I need to receive today?
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## DAY 25 — LIES I BELIEVED ABOUT PEOPLE AND RELATIONSHIPS

Many men in addiction have a long history of relational pain: betrayal, abandonment, abuse, neglect, manipulation, cheating, violence, broken promises, or emotional absence. Over time, we formed beliefs about people and relationships that felt like protection but became prisons.

These lies sound like:

- “People always leave.”
- “You can’t trust anyone.”
- “If they really know me, they’ll reject me.”

- “Relationships just lead to pain.”
- “I’m better off alone.”

When we believe these lies, we either cling too tightly (out of fear) or push people away (out of self-protection). We may stay in unhealthy relationships because we’re convinced we don’t deserve better. Or we may sabotage good relationships because we “know” they will eventually fail.

God, however, created us for connection: with Him and with others. From the beginning, He said, **“It is not good for the man to be alone” (Genesis 2:18)**. The early church walked in deep community—confessing sins, bearing burdens, praying for one another, and sharing life (Acts 2:42–47). Addiction isolates, but the Spirit of God calls us into fellowship and accountability.

This doesn’t mean we trust everyone blindly or pretend people won’t fail. It means we allow God to heal how we think about people so we can form wise, healthy, Spirit-led relationships. Recovery requires community. You cannot heal what relationships broke without allowing God to use relationships to restore.

In this block, God will begin challenging the lies you believe about people and relationships. He will teach you how to set boundaries, how to trust wisely, and how to receive love without sabotaging it.

### Reflection Questions

1. What lies have I believed about people or relationships?
2. How have those lies shaped how I treat others?
3. What relationship experiences taught me those lies?
4. How does God want me to view people differently?
5. What truth do I need to embrace to build healthy relationships?

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## DAY 26 — HOW MY BELIEFS SHAPED MY BEHAVIORS

Behavior is never random. What we do flows from what we believe. **“As a man thinks in his heart, so is he” (Proverbs 23:7)**. If I believe I am worthless, I will treat myself carelessly. If I believe I am a failure, I will sabotage anything good. If I believe no one will ever stay, I will either cling or push people away. If I believe God is distant, I will not seek Him when I’m struggling. If I believe I cannot change, I won’t even try.

Addiction is not just a collection of bad choices—it is a lifestyle built on distorted beliefs. For example:

- Belief: “I can’t handle life without something.”  
Behavior: I reach for alcohol or drugs whenever life gets stressful.
- Belief: “My pain doesn’t matter.”  
Behavior: I stuff my feelings, then explode, then use to calm down.
- Belief: “God won’t help me.”  
Behavior: I don’t pray; I go back to my old coping mechanisms.
- Belief: “I’ll always relapse.”  
Behavior: I stop using my tools and give up quickly.

In this Christ-centered recovery block, God is not just dealing with your outward behavior—He is going after the beliefs underneath. The Holy Spirit will help you trace your actions back to the thinking that supports them. Once the belief changes, the behavior begins to shift. **“Do not be conformed to this world, but be transformed by the renewing of your mind” (Romans 12:2)**. Real transformation starts in the mind, with the beliefs we hold.

This is not about blaming beliefs instead of taking responsibility. It is about understanding that if you only change external behavior without letting God change internal belief, the old behavior will eventually return. God wants to rebuild your thinking on the foundation of His truth so your actions will reflect your new identity in Christ.

### Reflection Questions

1. What belief is behind one destructive behavior in my life?
2. Where did that belief come from?
3. How has that belief shaped my choices?

4. What new belief does Christ want to form in me?
  5. What behavior would change if that belief were healed?
- 

## **DAY 27 — RECOGNIZING VOWS I MADE OUT OF PAIN (“I’ll never...”)**

When we are deeply hurt, we often make inner vows to protect ourselves. These are silent promises we make in our hearts, usually without realizing it:

- “I’ll never let anyone hurt me again.”
- “I’ll never trust anybody.”
- “I’ll never be like my parents.”
- “I’ll never need anyone.”
- “I’ll always be strong.”
- “I’ll never cry.”

These vows may have helped us feel strong in the moment, but over time they become chains. They shut the door on vulnerability, softness, trust, and connection. They make it impossible for us to receive help, love, or correction. Inner vows made in pain often become barriers to God’s grace.

Jesus said, **“Let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’” (Matthew 5:37)**. Inner vows are often powered by fear, not by faith. They come from wounded places, not healed ones. For many of us, addiction grew in the soil of these vows. If I vow, “I’ll never need anyone,” then when life hurts, I won’t ask for help—I’ll reach for a substance. If I vow, “I’ll never trust again,” then even in a Christ-centered program, I’ll hold back and stay guarded, sabotaging my own recovery.

In this block, the Holy Spirit will lovingly bring these inner vows to the surface. Not to condemn you, but to invite you to surrender them. You no longer need to live by promises made in pain; you can begin living by the promises God speaks over you. He says, **“I will never leave you nor forsake you” (Hebrews 13:5)**. He calls you to trust

Him, not your fear. Breaking inner vows is part of stepping out of self-protection and into God's protection.

### Reflection Questions

1. What inner vows have I made throughout my life?
  2. What pain caused me to make those vows?
  3. How have these vows limited my growth or relationships?
  4. What inner vow is God asking me to surrender?
  5. What truth replaces that vow?
- 

## DAY 28 — UNDERSTANDING EMOTIONAL INSTINCTS: FIGHT

The “fight” instinct is one of the most common emotional survival patterns in addicted men. It develops when life feels unsafe, unfair, or out of control. Fight mode says, “The best defense is a strong offense.” It shows up as anger, aggression, sarcasm, defensiveness, control, intimidation, arguing, or constant pushing back against authority.

Many of us grew up in environments where we felt powerless, small, ignored, or humiliated. Anger became our armor. We learned that if we stayed tough and ready to fight, no one could get close enough to hurt us. But what once felt protective is now destructive. Fight mode ruins relationships, sabotages opportunities, and blocks spiritual growth. It makes staff, brothers, and even God feel like enemies instead of helpers.

Scripture warns, “**The anger of man does not produce the righteousness of God**” (**James 1:20**). That doesn't mean all anger is sinful—Jesus showed righteous anger—but it does mean that our uncontrolled, ego-driven anger cannot produce the life God wants for us. Fight mode, especially in addiction, often hides fear: fear of rejection, fear of being wrong, fear of being seen as weak.

In this program, the Lord isn't trying to take away your strength. He's trying to transform it. He wants to turn your fight response away from people and toward sin, lies, and addiction itself. “**Fight the good fight of faith**” (**1 Timothy 6:12**)—not the destructive fight of pride and self-protection. The Holy Spirit will teach you how to pause, surrender your reactions, and respond with humility instead of hostility.



## Reflection Questions

1. When do I slip into “fight mode”?
  2. What fear or wound triggers my anger or defensiveness?
  3. How has the fight instinct harmed my relationships?
  4. What is Christ teaching me about gentleness and self-control?
  5. How can the Holy Spirit help me respond instead of react?
- 

## DAY 29 — UNDERSTANDING EMOTIONAL INSTINCTS: FLIGHT

The “flight” instinct is the urge to run—physically, emotionally, or spiritually—anytime something feels too hard, too close, too painful, or too exposing. Instead of getting aggressive like fight mode, flight mode disappears. For many men, addiction became the ultimate “flight.” We ran into alcohol or drugs instead of facing reality. We ran from conflict, from responsibility, from confrontation, from commitment, from our own feelings, and from God.

Flight can look like leaving programs early, ghosting relationships, walking away from jobs, shutting down in conversations, avoiding eye contact, skipping classes, or checking out mentally when topics get uncomfortable. It can also look spiritual—filling our lives with busyness or religious activity so we never actually sit still and face truth.

Jonah tried to flee from God’s call, and God lovingly pursued him (Jonah 1–2). Many of us have done the same. We flee when God begins touching something deep. We leave when someone gets too close. We return to addiction when truth feels too sharp. But Jesus invites us to stand instead of run. **“Stand firm, and you will win life” (Luke 21:19).**

In this block, God is teaching you to recognize your flight patterns. Not so He can shame you, but so He can help you stay. Stay in the conversation. Stay in the discomfort. Stay in the program. Stay present when emotions rise. As you learn to remain with God and with truth, you will discover that what you were running from is actually where your healing begins.

## Reflection Questions

1. What situations make me want to run or shut down?
  2. What pain or fear is underneath my avoidance?
  3. How has running kept me from healing?
  4. What truth do I need to face instead of flee?
  5. How does trusting God help me stay present instead of running?
- 

### **DAY 30 — UNDERSTANDING EMOTIONAL INSTINCTS: FREEZE OR SHUT DOWN**

The “freeze” instinct kicks in when a person feels overwhelmed, confused, trapped, or emotionally overloaded. Instead of fighting or fleeing, the brain and body go numb. You check out. You stop talking. You stare at the floor. You feel disconnected from your own heart. You may not even feel much at all—just a blank, heavy fog. For many men with addiction, this freeze response became normal long before the first drink or drug.

In chaotic or abusive environments, freezing can feel safer than reacting. If speaking up wasn’t allowed, freezing kept you from making things “worse.” If emotions were mocked or punished, numbness felt like protection. But what once helped you survive is now hurting you. When you shut down emotionally, you can’t fully engage with God, with your brothers, with staff, or with your own recovery. You miss opportunities for connection, correction, and growth.

Spiritually, freeze mode keeps you stuck. You might hear powerful teaching, but nothing seems to “land.” You read Scripture, but it feels like it bounces off. You know you should share in group, but you stay silent. This doesn’t mean you’re broken beyond repair—it means your heart has gone into long-term survival mode and needs gentle awakening.

God specializes in awakening numb hearts. **“Awake, O sleeper, and arise from the dead, and Christ will shine on you” (Ephesians 5:14).** The Holy Spirit doesn’t shame you for freezing—He invites you to slowly come back to life. As you feel safer in Christ’s love and in healthy community, you can begin to notice, “What am I feeling right now?” instead of automatically shutting down.

In this program, God is not asking you to “try harder” to feel. He is inviting you to let Him thaw the frozen places of your heart. As you learn to stay present—one small moment

at a time—you will find that your capacity for connection, honesty, and healing begins to grow again.

### Reflection Questions

1. When do I shut down emotionally or mentally?
  2. What situations overwhelm me enough to freeze?
  3. How has shutting down affected my relationships or recovery?
  4. What does God want to awaken inside of me?
  5. What can I do today to stay present instead of shutting down?
- 

### DAY 31 — HOW I LEARNED TO PROTECT MYSELF

Every person develops ways to protect themselves long before adulthood, but for men in drug and alcohol addiction, these protection patterns often become the very roads that led them into bondage. As kids, some of us learned that the only way to feel safe was to become tough, aggressive, or angry. Others learned to protect themselves by staying quiet, shutting down, or keeping people at a distance. Some became clowns—using humor to distract from pain. Others hid behind lies, pride, or perfection, hoping if they did everything “right” no one would see how scared and hurt they were inside.

We did not sit down one day and decide, “I will become defensive, controlling, silent, or fake.” These survival strategies were formed in environments where vulnerability felt dangerous—homes marked by addiction, violence, chaos, neglect, or emotional coldness. But the same strategies that protected you as a child are now the strategies that are hurting you as an adult. They show up in your addiction: using anger to keep people from getting too close, using lies to avoid being confronted, using charm or manipulation to get what you want, disappearing emotionally when things get real, or self-medicating with drugs and alcohol every time you feel weak, scared, or exposed.

Scripture tells us, **“I will say of the Lord, ‘He is my refuge and my fortress; my God, in Him I will trust’” (Psalm 91:2).** God is inviting you to trade your old armor for His presence. In Step 4, as you examine your life, you begin to see how your “protection” turned into prisons—how your defensive reactions, your walls, your image, and your addiction have kept you from healing. In Step 5, you begin to confess these patterns

honestly to God and a trusted person. In Step 6, you become ready for God to remove these character defects so you can live differently.

Recovery requires laying down false armor so God can clothe you in truth, humility, and strength. You no longer have to protect yourself with anger, drugs, alcohol, lies, or distance. Christ becomes your covering. The more you understand how you learned to protect yourself, the more clearly you will see why you react the way you do—and the more ready you will become to let Jesus teach you a new way.

### **Reflection Questions**

1. What behaviors did I use to protect myself growing up?
  2. How do those same behaviors show up in my life today?
  3. What fear or wound taught me to protect myself this way?
  4. How is God inviting me to let Him be my protector?
  5. What old form of self-protection do I need to surrender?
- 

## **DAY 32 — SEEING WHERE I STILL LIVE IN SURVIVAL MODE**

Survival mode happens when your heart and mind are stuck in old patterns created during seasons of trauma, chaos, or addiction. In survival mode, everything feels urgent, threatening, or unsafe—even when nothing dangerous is actually happening. This leads to impulsive decisions, overreacting, isolation, anger, lying, manipulating, shutting down, or running away. In addiction, survival mode looked like doing anything necessary to get the next drink, pill, or high: scheming, hustling, manipulating family, disappearing for days, breaking promises, and ignoring long-term consequences for short-term relief.

Now that you're in a Christ-centered recovery program, your body and brain may still be trained to live on the edge. A simple correction from staff can feel like an attack. A quiet day can feel like something is “wrong.” Waiting can feel unbearable. Your nervous system has been conditioned to expect chaos, and when life is calm, you may even create problems just to feel normal. Survival mode once helped you get through a dangerous environment or the madness of addiction, but now it keeps you from growing into a stable, sober, Spirit-led life.

Jesus said, **“I have come that they may have life, and that they may have it more abundantly” (John 10:10)**. Abundant life is more than just “not using.” It is living with peace, wisdom, and stability instead of panic, chaos, and constant reaction. In Step 4, God helps you see where survival mode still rules your decisions. In Step 5, you confess the truth: “Lord, I’ve been living as if I’m still in danger all the time.” In Step 6, you become willing for God to retrain your heart so you can respond from faith instead of fear.

God is not asking you to shame yourself for living in survival mode. He knows what you went through. But He is calling you out of survival into trust—out of constant reaction into Spirit-led response. He wants to teach you how to pause, pray, and think before you act; how to feel emotions without freaking out; and how to stay present instead of going into crisis mode.

### Reflection Questions

1. What behaviors show that I’m still living in survival mode?
  2. What situations trigger that survival response?
  3. How does survival mode affect my decision-making?
  4. Where do I sense God calling me out of survival and into stability?
  5. What is one survival habit I want to break?
- 

## DAY 33 — RECOGNIZING SELF-SABOTAGE

Self-sabotage is when you become your own enemy without fully understanding why. In addiction, this looked like relapsing right after making progress, picking fights when things started going well, getting kicked out of programs, cheating on tests, breaking rules you knew were there, or abandoning relationships, jobs, and commitments at the first sign of discomfort. It might have looked like skipping meetings, refusing to open up in group, or secretly planning a relapse while pretending you were doing well.

Self-sabotage comes from deep, unhealed beliefs: “I don’t deserve anything good,” “Good things don’t last,” “Something bad always happens,” “People always leave,” “I always mess it up,” or “If I blow it first, no one can hurt me.” Scripture says, **“As a man thinks in his heart, so is he” (Proverbs 23:7)**. If you believe deep down that you are a

failure, you will unconsciously act like one. If you believe nothing good lasts, you will push away or destroy anything good before it has a chance to root. Self-sabotage is not stupidity—it is unhealed pain directing behavior.

Step 4 helps you see the pattern: where you quit, where you bail, where you blow things up when they get too real. Step 5 invites you to confess these patterns and the lies behind them: “I don’t believe I deserve grace,” “I don’t trust good things,” “I don’t know how to live without chaos.” Step 6 is where you tell God you are ready for Him to remove these destructive beliefs and behaviors so you can stop living like a man destined to lose.

Jesus does not agree with the lies that drive your self-sabotage. He says, **“I know the plans I have for you... plans to give you hope and a future” (Jeremiah 29:11).** Recovery means learning to stop fighting against yourself and to start agreeing with what God says about you. You are not destined to destroy your own future—Christ is teaching you how to walk in a new pattern of stability, responsibility, and freedom.

### **Reflection Questions**

1. How have I sabotaged good things in my life?
  2. What belief about myself fuels my self-sabotage?
  3. What emotions arise when things go well for me?
  4. What does Jesus say about my worth and future?
  5. What self-sabotaging behavior do I want God to heal?
- 

## **DAY 34 — HOW FEAR OF FAILURE INFLUENCED MY DECISIONS**

Fear of failure is one of the silent engines behind addiction and relapse. When a man believes failure means he is worthless, stupid, or beyond hope, he will either avoid responsibility, quit early, or refuse to try at all. Many of us would rather blow something up ourselves than risk trying and failing. That’s why you may have walked away from jobs, dropped out of programs, quit relationships, or relapsed right when things were getting serious—success felt more terrifying than failure because failure felt familiar.

For some, fear of failure began in childhood: being mocked for mistakes, punished harshly for not being perfect, compared to siblings, or constantly told, “You’ll never amount to anything.” Over time, that fear burrowed deep into your heart. In addiction, it whispered, “You’ll never stay sober,” so you stopped trying. In recovery, it whispers, “You’ll blow this program too,” so you’re tempted to hold back, stay half-committed, or leave when things get hard.

But Scripture says, **“God has not given us a spirit of fear, but of power and of love and of a sound mind” (2 Timothy 1:7)**. Fear of failure is not from God. In Step 4, you begin to examine how that fear shaped your life: the jobs you didn’t apply for, the apologies you never made, the risks you refused, the responsibilities you ran from. In Step 5, you confess this pattern honestly to God and a trusted person. In Step 6, you become willing for God to remove this fear and replace it with courage and humility—humility that says, “I may fail, but I can learn, get back up, and keep going.”

Christ is not afraid of your failures—He redeems them. Peter denied Jesus three times and became a mighty apostle of grace. Your failures are not the end of your story. In recovery, you will practice doing what fear of failure always told you not to do: show up, try again, take responsibility, admit mistakes, and keep moving forward in Christ’s strength.

### **Reflection Questions**

1. How has fear of failure shaped my choices?
2. What early experiences taught me to fear failure?
3. How do I react when I feel like I might fail?
4. What truth does God speak over my fear of failure?
5. What risk or responsibility is God asking me to face?

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## **DAY 35 — HOW FEAR OF REJECTION INFLUENCED MY RELATIONSHIPS**

Fear of rejection is one of the deepest wounds men in addiction carry. If you grew up feeling unwanted, unseen, or unimportant—through abandonment, divorce, favoritism, emotional distance, or harsh criticism—rejection became the lens through which you

interpreted life. You began to expect rejection everywhere. This fear shaped how you used, how you loved, and how you pushed people away.

In addition, fear of rejection often showed up as either clinging or running. Some of us became desperate for approval, doing anything to keep people close—even if it meant lying, manipulating, or tolerating abuse. Others rejected people before they could reject us, acting tough, cold, or uncaring. Some bounced from relationship to relationship, affair to affair, or hookup to hookup, trying to avoid the vulnerability of real love. Many used alcohol or drugs to numb the sting of feeling unwanted, unlovable, or never enough.

But God says something radically different: **“I have loved you with an everlasting love; I have drawn you with unfailing kindness” (Jeremiah 31:3)**. In Christ, you are chosen, adopted, and accepted—not because you performed well, but because of His grace (Ephesians 1:4–6). Step 4 will help you see how fear of rejection shaped your relationships—romantic, family, friendships, even how you relate to staff and brothers in the program. Step 5 invites you to speak this fear out loud, exposing the lie that you are unworthy of love. Step 6 calls you to become willing to let God remove the belief that you are always “the one who gets left.”

You cannot build healthy, stable relationships while expecting rejection at every turn. Christ is not just saving you from addiction; He is healing how you love and how you receive love. He is teaching you that it’s possible to be known and not thrown away, corrected and not abandoned, challenged and still loved. His perfect love drives out fear (1 John 4:18).

### Reflection Questions

1. How has fear of rejection shaped my relationships?
2. What early experiences made rejection feel normal to me?
3. How do I behave when I fear someone might reject me?
4. What truth does God speak into my fear of rejection?
5. What relationship pattern do I want to change?



People don't end up in drug and alcohol addiction because everything in their life was calm, secure, and healthy. Addiction is not just about pleasure—it is about escape. We escaped from pain we didn't know how to process, from shame we didn't know how to confess, from fear we didn't know how to name, and from memories we didn't know how to heal. Sin and addiction became our way out of feelings and realities we were never taught to face.

Maybe you escaped into alcohol when you felt like a failure. Maybe you escaped into pills when anxiety wouldn't stop. Maybe you escaped into meth, heroin, or cocaine when loneliness felt unbearable. Maybe you mixed drugs and alcohol to silence childhood memories that haunted you. Scripture says, **“Everyone who sins is a slave to sin” (John 8:34)**. Addiction is slavery to escape. It traps us in a cycle: pain → escape → temporary relief → deeper pain → more escape.

Understanding why you escaped is crucial for Step 4. This is not about making excuses—it is about telling the truth about the pain underneath your choices. Many of us carry deep wounds of abandonment, abuse, neglect, or rejection. We were never taught how to bring those wounds to God, so we brought them to the bottle or the needle instead. In Step 5, you will confess the real reasons you used—not just “I like getting high,” but “I didn't know how to live with this pain.”

God doesn't just want to remove the symptom (addiction); He wants to heal the root (wounds, lies, fears). Jesus said, **“He has sent Me to heal the brokenhearted, to proclaim liberty to the captives... to set at liberty those who are oppressed” (Luke 4:18)**. As you allow Christ to meet you in the very places you once escaped from, the drive to run to addiction begins to lose its power. You learn to run to Him instead of to the substance.

### Reflection Questions

1. What pain or fear did I try to escape through addiction?
2. When did escape first become my coping mechanism?
3. What emotion or memory makes me want to escape today?
4. How is God teaching me to face my pain instead of avoid it?
5. What would life look like without escape-driven living?

## DAY 37 — THE DIFFERENCE BETWEEN WEAKNESS AND WILLFUL SIN

In recovery, it is vital to understand the difference between weakness and willful sin. Weakness is when we struggle because we are broken, wounded, immature, or still learning. Willful sin is when we knowingly choose what is wrong, push away conviction, and keep doing it anyway. Addiction involves both. There are times we used because we were overwhelmed and didn't know better—and times we used even though we knew exactly what we were doing.

God responds differently to each. To weakness, He offers compassion: **“He knows our frame; He remembers that we are dust” (Psalm 103:14)**. To willful sin, He offers loving but firm correction and calls us to repentance: **“Today, if you hear His voice, do not harden your hearts” (Hebrews 3:15)**. Many men confuse weakness with rebellion and rebellion with weakness. We say, “I can't help it,” when in reality we won't surrender. Or we condemn ourselves harshly for areas where we truly need healing, discipleship, and patience.

Step 4 is where you begin to distinguish the two: Where have I been deeply wounded and need healing, counseling, support, and new tools? Where have I stubbornly held onto sinful behaviors, resentments, dishonesty, or addiction because I didn't want to give them up? Step 5 invites you to confess both honestly—to own your choices where you willingly sinned, and to admit your brokenness where you truly could not handle life. Step 6 is about becoming ready for God to remove both your character defects and your excuses.

Jesus is gentle with weakness but confronts willful sin because He loves you too much to leave you in it. He forgave the woman caught in adultery and then said, **“Go and sin no more” (John 8:11)**. He restores, and He calls. Recovery maturity means learning to bring both your weakness and rebellion into the light and letting Christ deal with each in His way.

### Reflection Questions

1. Where do I confuse weakness with rebellion?
2. What behaviors in my life were willful choices, not weaknesses?
3. What struggles in my life come from wounds rather than rebellion?
4. What is the Holy Spirit convicting me to surrender?

5. How does Christ respond differently to weakness vs. willful sin?
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## DAY 38 — UNDERSTANDING MY EMOTIONAL TRIGGERS

Triggers are emotional landmines tied to past wounds and addiction memory. A tone of voice, a facial expression, a rule, a delay, a correction, a memory, or even a smell can suddenly ignite intense anger, fear, shame, or anxiety. To others, your reaction may look “over the top,” but to your nervous system, it feels like you’ve stepped back into an old, unsafe moment. Triggers are why a simple “No” can feel like deep rejection, or why being confronted about a small issue can feel like an attack.

For men in drug and alcohol recovery, triggers are especially dangerous. Emotional triggers often lead directly to cravings. The thought is, “I can’t handle this feeling. I need a drink. I need a hit. I need to get out of here.” If you don’t understand your triggers, you will keep reacting instead of reflecting, and keep reaching for old solutions instead of new ones. Scripture calls us to a different way: **“Let every man be quick to hear, slow to speak, slow to wrath” (James 1:19)**. That “slowness” is only possible when you understand what is happening inside of you.

Step 4 helps you examine your triggers: When do I feel that sudden rush of anger, shame, or panic? What past experiences are connected to these moments? Step 5 invites you to confess—not just your angry outbursts or shut-down behavior—but the deeper wounds and memories tied to them. Step 6 is about becoming ready for God to heal those root wounds so the triggers lose their power.

Triggers are not evidence that you are broken beyond repair—they are evidence that there are still places in your story where Jesus wants to bring truth and comfort. As He does, your reactions begin to change. Instead of immediately spiraling into craving or rage, you begin to pause, breathe, pray, and choose a different response.

### Reflection Questions

1. What situations or words trigger strong emotional reactions in me?
2. What wound does each trigger connect to?
3. How do I normally react when triggered?

4. What does God want to heal beneath these triggers?
  5. What trigger do I want to understand better this week?
- 

## **DAY 39 — SEEING HOW I NUMB PAIN INSTEAD OF FACING IT**

Numbing is at the core of drug and alcohol addiction. Substances were not just something we “liked”—they were our anesthesia. Every time we drank or used to avoid feeling, we were practicing emotional numbing. When we enter recovery and stop using chemicals, we often discover that we still numb in other ways: zoning out with TV or social media, overeating, over-sleeping, over-talking, joking everything away, obsessing over work or ministry, or disappearing into fantasy, pornography, or daydreaming.

Numbing seems easier than feeling. But numbing has a high cost: nothing changes. The pain stays buried, the wound stays unhealed, and the pattern stays in place. Scripture tells us that Jesus came to **“heal the brokenhearted” (Isaiah 61:1)**—but healing cannot reach what we continually avoid. Every time we numb, we press pause on the healing process.

Step 4 asks you to take an honest inventory not just of what drugs and alcohol you used, but why you used them. What were you running from? What did you not want to feel? Step 5 invites you to confess your numbing patterns and the pain beneath them: “I numbed because I didn’t know how to grieve,” “I numbed because I was terrified of facing what happened,” “I numbed because I didn’t believe God would meet me there.” Step 6 is about becoming willing to let God take you through the feelings you used to avoid so you no longer have to escape them.

Feeling is not your enemy—it is the doorway to healing. As you learn to sit with discomfort in God’s presence, the urge to numb begins to weaken. You discover that you can survive sadness, anger, fear, and grief without drinking or using—and that Christ meets you most deeply in the very places you once escaped.

### **Reflection Questions**

1. What do I use to numb emotional pain?
2. When do I feel the urge to numb instead of face truth?

3. What pain am I avoiding by numbing myself?
  4. How is God calling me to face this pain with Him?
  5. What would change if I stopped numbing and started feeling?
- 

## **DAY 40 — RECOGNIZING HOW I MANIPULATED OR CONTROLLED SITUATIONS**

Manipulation and control are common survival tools in addiction. When alcohol and drugs rule a man's life, he learns to bend circumstances and people to protect his supply, his image, or his comfort. He lies to family, hides money, tells half-truths to staff, does just enough to get by, plays people against each other, uses charm or tears to get out of consequences, or acts helpless so others will rescue him. Control shows up in trying to manage everything: people's opinions, outcomes, schedules, and emotions—usually out of fear that if we don't control things, we will be hurt, exposed, or abandoned.

These patterns don't vanish just because you came into a Christian program. In fact, the structure and accountability here can make your control and manipulation feel more exposed. You might try to manipulate staff, Big Brothers, or other residents to avoid discipline, get special treatment, or hide relapse thinking. You might try to control your environment by staying guarded, never opening up, or resisting any change you didn't choose.

Scripture says, **"You will know the truth, and the truth will make you free" (John 8:32)**. Manipulation is the opposite of truth. Control is the opposite of surrender. In Step 4, you begin to see how much of your life has been propped up by manipulation and self-will. In Step 5, you confess not just the obvious sins, but the ways you used people, twisted truth, and tried to play God in your own life. In Step 6, you become ready for God to remove this need to control and manipulate, and to teach you how to walk in honesty, humility, and trust instead.

Christ is not exposing manipulation to embarrass you—He is exposing it to set you free from the fear underneath. When a man stops manipulating and starts walking honestly, he becomes trustworthy. When he releases control and lets God be God, he moves from bondage to peace. This is what recovery in Christ is really about: no more games, no more pretending—just real surrender to a real Savior.

### **Reflection Questions**

1. How have I manipulated or controlled situations in my life?
  2. What fear or insecurity drove me to behave this way?
  3. How have these behaviors damaged relationships?
  4. What does God want to heal beneath my need to control?
  5. What would living honestly and freely look like for me?
- 

## **DAY 41 — HOW MY ACTIONS AFFECTED THE PEOPLE WHO LOVED ME**

Many men entering recovery have never truly sat still long enough to consider the full impact their actions had on others. Addiction is self-centered by nature. When alcohol and drugs are in control, we think mostly about our next high, our next drink, our next escape. We notice our withdrawal, our cravings, our pain—but usually not the pain we’re causing. Meanwhile, the people who loved us—parents, spouses, children, siblings, friends, pastors—often carried a crushing emotional load: sleepless nights, constant worry, fear of phone calls, embarrassment, financial strain, broken trust, and the aching question, “Will he live or die?”

Scripture says, **“Each of us will give an account of ourselves to God” (Romans 14:12)**. That account will not only include what we did to ourselves but how we treated those God entrusted to our care. Addiction, lying, manipulation, broken promises, rage, and disappearing for days didn’t just affect you—they created an atmosphere of instability and chaos for everyone around you. Children may have grown up believing it was their fault. Spouses may have felt rejected, unsafe, or abandoned. Parents may have lived with chronic fear and shame. Friends and employers may have lost trust and respect.

This is not meant to crush you—it is meant to **mature** you. Step 4 invites you to face reality: “What did my actions really do to the people around me?” Step 5 invites you to confess this, not just as vague guilt (“I messed up”) but as specific recognition (“I see how my addiction hurt you”). Step 6 prepares your heart to become a different kind of man—one whose actions begin to bring healing instead of harm.

Jesus said the greatest commandment is to love God and to **love your neighbor as yourself** (Matthew 22:37–39). You cannot love people well if you refuse to see how

your behavior has affected them. Recovery is not just about staying sober—it's about becoming a man who understands his impact, grieves the hurt he has caused, and, by God's grace, begins to repair what was broken.

### Reflection Questions

1. Who has been affected by my actions?
  2. How did my choices hurt the people who cared about me?
  3. What emotions come up when I think about their pain?
  4. How does God want me to respond to this truth?
  5. What do I need to acknowledge in this area?
- 

## DAY 42 — THE TRUTH ABOUT THE DAMAGE I CAUSED

One of the biggest obstacles in addiction recovery is **minimization**—downplaying or softening the truth about what we did. We say things like, “It wasn’t that bad,” “They’ll get over it,” “I only hurt myself,” or “At least I never...” These are defense mechanisms to avoid guilt and shame. But real recovery requires real truth. Damage is not measured by our intentions; it is measured by **impact**.

Because of addiction, many loved ones experienced:

- Emotional damage: fear, anxiety, depression, confusion, trauma.
- Spiritual damage: doubt, bitterness, mistrust toward God or church because of our hypocrisy.
- Financial damage: unpaid bills, stolen money, lost jobs, drained savings.
- Relational damage: broken trust, fractured marriages, distant children, strained friendships.
- Physical damage: violence, accidents, health issues, exposure to danger.

Scripture says, “**Confess your sins to one another, and pray for one another, that you may be healed**” (James 5:16). Confession starts with seeing the truth clearly—not watered down, not reworded to sound nicer, but honest. God is not leading you into hopeless guilt; He is leading you into **understanding**, which is the foundation of responsibility and repentance.

Step 4 is where you write down the real story of the damage caused by your addiction—not to beat yourself up, but to stop lying to yourself. Step 5 is where you confess this damage to God and a trusted believer, stepping out of denial into truth. Step 6 is where your heart says, “God, I am ready to be changed into a man who no longer brings this kind of harm.”

The pain of facing the truth is nothing compared to the pain of continuing in the same patterns. Jesus said, “**You will know the truth, and the truth will make you free**” (John 8:32). Truth may hurt at first, but it is the birthplace of real freedom and real change.

### Reflection Questions

1. What damage have I caused that I have resisted acknowledging?
  2. Why is it difficult for me to face the full truth?
  3. How did my actions impact the emotional and spiritual well-being of others?
  4. What truth is God asking me to accept today?
  5. What changes must I make so I stop causing harm?
- 

### DAY 43 — THE PATTERNS IN MY PAST RELATIONSHIPS

Addiction rarely shows up in just one area—it invades relationships too. If you look back honestly, you’ll notice **patterns** in your romantic relationships, friendships, and even with family. Maybe you were drawn to people who also used. Maybe you constantly chose unstable or abusive partners. Maybe you sabotaged good, healthy people because you were afraid of real intimacy. Maybe you always played the “rescuer” or always the “victim.” Maybe you alternated between clinging and disappearing.



These patterns are not random; they reveal wounds and beliefs beneath the surface. Scripture calls us to **“walk in love, as Christ also has loved us” (Ephesians 5:2)**, but it’s hard to walk in love when patterns of fear, insecurity, codependency, and addiction are driving the way we relate. If your pattern was to lie, cheat, use people, or disappear when things got real, that’s not just “how you are”—that’s evidence of an unhealed heart.

In Step 4, you begin to line up your past relationships and ask: What are the common threads? Anger? Jealousy? Control? Withdrawal? Choosing people who needed fixing? Choosing people who couldn’t love back? Combining drugs, alcohol, and relationships into one big destructive cycle? Step 5 invites you to bring these patterns into the light and confess your part in them. Step 6 is where you become willing for God to transform how you love, connect, and commit.

God wants to break destructive relational habits and teach you how to build Christ-centered relationships marked by honesty, boundaries, respect, and sacrificial love—not addiction-fueled drama and pain. **“If anyone is in Christ, he is a new creation” (2 Corinthians 5:17)**—and that includes how you do relationships.

### Reflection Questions

1. What patterns do I see in my past relationships?
2. How did these patterns affect the people involved?
3. What wound or belief created these patterns?
4. What relational pattern do I want Christ to transform?
5. What would a healthy relationship look like for me?

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## DAY 44 — WHY I REPEATED THE SAME RELATIONSHIP MISTAKES

Repeating the same relationship mistakes is one of the clearest signs that something deep inside has not been healed. Maybe you promised yourself, “I’ll never pick someone like that again,” yet you did. Maybe you vowed, “Next time I’ll be honest,” yet you lied again. Maybe you swore, “I’ll never mix relationships and using again,” yet you did. Scripture gives a vivid picture: **“As a dog returns to his own vomit, so a fool**

**repeats his folly” (Proverbs 26:11).** It’s harsh language, but it captures how self-destructive repetition feels.

Men don’t repeat toxic patterns because they enjoy pain; they repeat them because **wounds and beliefs haven’t changed**. If you believe you are unworthy, you’ll tolerate mistreatment. If you fear abandonment, you’ll cling to whoever stays—even if they’re unhealthy. If you fear intimacy, you’ll chase unavailable people or sabotage anything stable. If addiction is still in the background, you’ll choose relationships that support your using.

Step 4 invites you to ask, “Why did I keep going back to the same kind of woman, the same kind of friend, the same kind of dynamic?” Step 5 is where you confess not only the behavior but the fear and lies behind it. Step 6 is where you become ready for God to change the way you see yourself and others so you don’t have to live trapped in the same cycles.

Christ did not die for you just to repeat the same broken story. He came to write a new one. As He heals the deeper issues—identity, fear, shame, loneliness—the need to repeat the same relationship mistakes begins to fade. You start making choices from truth, not from old pain.

### Reflection Questions

1. What relationship mistakes have I repeated?
  2. Why do I think these patterns kept repeating?
  3. What fear or wound was behind these mistakes?
  4. What is God trying to heal in me so I stop repeating them?
  5. What new relational behavior do I want to practice?
- 

## DAY 45 — LEARNING TO IDENTIFY CODEPENDENT TENDENCIES

Codependency is a common issue in addiction recovery. It happens when your identity and emotional stability become tied to **other people’s moods, choices, or approval**. You may become the rescuer, fixer, peacekeeper, pleaser, or enabler. You may feel responsible for everyone else’s emotions but neglect your own. You may tolerate

addiction, abuse, or disrespect because you're terrified of losing the relationship. It feels like love—but it's really fear, insecurity, and misplaced identity.

Many codependent men grew up in homes where addiction, chaos, or emotional immaturity were normal. As children, they learned to walk on eggshells, “keep the peace,” take care of others, or be the invisible one who never caused trouble. Those skills turned into adult codependency. In relationships, this looks like trying to save others while losing yourself, or getting into relationships where your worth depends on how needed you feel.

Scripture says, “**Your life is hidden with Christ in God**” (Colossians 3:3). That means your identity is meant to be rooted in Christ—not in how someone responds to you. Step 4 helps you inventory where you rearranged your life around someone else's dysfunction, where you enabled addiction (yours or theirs), or where you tried to be God in someone's life. Step 5 invites confession: “I made people my source instead of God.” Step 6 is where you become willing for God to free you from needing to control or rescue others so you can love them from a place of strength and truth.

Healing codependency doesn't mean you stop caring—it means you stop carrying what isn't yours. You stop playing savior and start pointing people to the real Savior. You stop losing yourself in others and start living out who you are in Christ.

### Reflection Questions

1. How have I been codependent in relationships?
2. What fear or belief drives this behavior?
3. When did I first learn to take responsibility for other people's emotions?
4. What boundary do I need to establish?
5. How does Christ want to reshape my identity?

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## DAY 46 — UNDERSTANDING EMOTIONAL DEPENDENCY

Emotional dependency goes deeper than codependency. It is when a man **leans on another person to feel valuable, secure, and complete**. When that person pulls away, doesn't text back, sets a boundary, or needs space, panic and fear rise. The

addicted heart says, “I can’t be okay unless this person is okay with me.” That’s not love—that’s bondage.

Men who struggle with emotional dependency often had early emotional needs go unmet. They may have lacked nurture, affection, affirmation, stability, or encouragement. When someone finally gives them attention, affection, or admiration, it feels like water in a desert—and the heart clings. In addiction, this often mixes with substances: you depend on a person and a chemical to keep you upright. When one wobbles, the other takes over.

Scripture teaches that **“There is no fear in love; but perfect love casts out fear” (1 John 4:18)**. Emotional dependency is driven by fear—fear of abandonment, fear of being alone, fear of worthlessness. Step 4 invites you to list the relationships where your emotions were on a constant roller coaster, rising and falling based on someone else’s attention or approval. Step 5 invites you to confess, “I made people my source of worth instead of God.” Step 6 is where you become ready for God to untangle your heart from unhealthy dependence and anchor you in His love.

In recovery, God is teaching you to drink first from His well—to receive comfort, identity, and value from Him. When your emotional center is in Christ, you can relate to others with love instead of desperation, with freedom instead of fear.

### **Reflection Questions**

1. Who have I depended on emotionally in unhealthy ways?
2. What fear is behind this dependency?
3. What early experience created this need?
4. How is God teaching me to find security in Him?
5. What does healthy emotional connection look like?

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## **DAY 47 — UNDERSTANDING MOMENTS WHEN I BECAME EMOTIONALLY DETACHED**

Emotional detachment is when the heart “unplugs.” You may be physically present but emotionally gone. You might sit in a room, in a relationship, or in a conversation, but feel

blocked, numb, or far away. Detachment often forms in homes or environments where emotions were overwhelming, unsafe, ignored, or punished. When feeling became too dangerous, the heart learned to shut down.

In addition, emotional detachment is common. You may have detached so you didn't have to feel guilt while using. You may have detached from your kids so you wouldn't feel the pain of disappointing them. You may have detached from your own conscience so you could keep going deeper into sin. The substances helped you disconnect, but the detachment didn't disappear just because the chemicals did.

Jesus modeled the opposite of detachment. He **felt** compassion (Matthew 9:36), **wept** at a funeral (John 11:35), and **agonized** in the garden (Luke 22:44). Emotional presence is not weakness—it is Christlikeness. Step 4 invites you to ask, “When did I start shutting down? What was happening then?” Step 5 gives you space to confess, “I protected myself by going numb.” Step 6 is where you become ready for God to start thawing those frozen places and teach you how to safely feel again.

Emotional detachment protected you once. Today, it blocks intimacy with God and others. The Holy Spirit wants to gently reconnect your heart—to make you fully present to your own life, your relationships, and your walk with Him.

### Reflection Questions

1. When do I detach emotionally?
2. What situations or emotions trigger detachment?
3. What pain taught me to shut down?
4. How does detachment affect my relationships?
5. What is God inviting me to feel again?

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## DAY 48 — THE PAIN I CAUSED THROUGH SILENCE, ANGER, OR WITHDRAWAL

Many men assume harm is only done through obvious actions—screaming, hitting, cheating, stealing. But silence, coldness, emotional withdrawal, sarcastic distance, or simmering anger can wound just as deeply. **Silence can say, “You’re not worth my words.” Withdrawal can say, “You don’t matter enough to be engaged.” Anger**

can say, **“You are the problem.”** For spouses, children, and loved ones, this can be confusing, frightening, and deeply painful.

Addiction usually amplifies these patterns. You may have gone quiet when using or when confronted. You may have withdrawn for days or weeks, leaving family in fear and uncertainty. You may have used anger to push people away when they got too close to the truth. Scripture commands, **“Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you... and be kind to one another, tenderhearted” (Ephesians 4:31–32).** God calls us into emotional responsibility, not emotional abandonment.

Step 4 invites you to see how your silence, anger, and withdrawal left marks on others. Children may have walked on eggshells. Spouses may have felt constantly rejected. Friends may have felt unimportant or confused. Step 5 gives you a place to confess this, not with excuses (“That’s just how I am”) but with ownership. Step 6 is where you become ready for God to change how you handle hurt, conflict, and discomfort—learning to communicate, listen, and stay instead of explode or disappear.

Christ is forming you into a man whose presence brings peace, clarity, and safety, not confusion, fear, and instability. That transformation starts with admitting the pain your silence, anger, and withdrawal caused.

### Reflection Questions

1. What damage did my silence or withdrawal cause others?
2. How did my anger affect the people around me?
3. Why did I choose silence, anger, or withdrawal?
4. What emotional responsibility is God calling me into?
5. How can I begin to communicate in a healthier way?

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## DAY 49 — HOW ADDICTION MAKES RELATIONSHIPS TRANSACTIONAL

Addiction turns relationships into **transactions**. Instead of seeing people as image-bearers of God to love, we see them as tools to use. We ask, “What can I get from this person?”—money, a place to stay, a ride, drugs, alcohol, sex, comfort,

protection, or a way out of consequences. Even when we said, “I love you,” addiction often twisted that love. Many of our “I love you’s” secretly meant, “I need you,” “Don’t leave me,” or “Don’t expose me.”

Under the influence of drugs and alcohol, we manipulated, charmed, lied, guilt-tripped, or flattered people to keep the supply chain flowing. People became means to an end. Scripture commands, **“Let love be without hypocrisy” (Romans 12:9)** and **“Do nothing out of selfish ambition... but in humility consider others better than yourselves” (Philippians 2:3)**. Addiction drives us in the opposite direction—toward hypocrisy and self-centeredness.

Step 4 asks you to examine your relationships through this lens: Where did I use people under the banner of love? Where did I promise change to get another chance? Where did I stay close to someone only as long as they benefited my addiction? Step 5 invites you to confess that addiction corrupted the way you saw and treated people. Step 6 is where you become willing for God to change your heart from a taker to a giver, from a manipulator to a servant.

In Christ, relationships are no longer about what you can get but about how you can love. Jesus said, **“By this all will know that you are My disciples, if you have love for one another” (John 13:35)**. Recovery in Christ means learning to relate from sincerity, not from addiction-driven need.

### Reflection Questions

1. When have I used people instead of loved them?
2. How did addiction change the way I viewed relationships?
3. Who was affected by my transactional behavior?
4. What does Christlike love look like in recovery?
5. What relationship pattern do I want God to restore?

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## DAY 50 — TAKING OWNERSHIP OF MY SIDE OF THE STORY

Every story of brokenness has multiple parts. There is what others did to us—and what we did in response. Many of us have spent years focusing on how we were hurt,

neglected, mistreated, or rejected. Those things matter, and God cares deeply about them. But if we only look at **their** part and not **ours**, we stay stuck in blame and never grow into responsibility.

Jesus taught, “**First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother’s eye**” (Matthew 7:5). Taking ownership of your side of the story doesn’t mean other people were right or that their sin doesn’t matter. It simply means you are willing to let God deal with you. Your choices. Your reactions. Your lies. Your manipulation. Your violence. Your abandonment. Your relapse. Your refusal to listen. Your pride.

Step 4 is where you write your story from the angle of responsibility: “This is what I did. This is how I responded. This is where I chose addiction instead of truth. This is where I harmed instead of healed.” Step 5 is where you confess it clearly, without excuses or blame-shifting. Step 6 is where you become ready for God to change the kind of man you are, so the second half of your story looks different than the first.

Ownership is hard because it kills excuses. But ownership is also **liberating**, because it puts your life back into your hands and God’s hands—instead of leaving you powerless and bitter. When you own your side, you become a man God can teach, shape, and use.

### **Reflection Questions**

1. What is my side of the story in the harm I caused?
2. Why is ownership difficult for me?
3. What excuses have kept me from accepting responsibility?
4. What does God want me to acknowledge today?
5. How will ownership help me heal and grow?

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## **DAY 51 — IDENTIFYING THE TRUTH I’VE BEEN AFRAID TO ADMIT**

One of the last and most important stages of self-examination (Step 4) is identifying the truth you’ve been afraid to admit—especially in the areas that fuel your addiction to



drugs and alcohol. Every man carries truths he avoids: truths about his pain, his patterns, his secret sins, his motives, his failures, his fears, his wounds, and his double life. Some of these truths are connected to childhood trauma; others are tied to dark moments in addiction—things you said you’d never do, but did; lines you said you’d never cross, but crossed.

These truths feel dangerous. You may think, “If I admit that, I’ll fall apart,” or, “If anyone knew this, they’d never look at me the same.” So, instead of facing them, you bury them under drugs, alcohol, lies, busyness, or spiritual language. But God does not reveal truth to crush you—He reveals truth to **free** you. Jesus said, “**You will know the truth, and the truth shall make you free**” (John 8:32). That means the very truths you avoid are the very places where freedom is waiting.

Avoided truth doesn’t disappear; it goes underground. It becomes a hidden influence, shaping your reactions, your cravings, your relationships, your anger, your depression, your relapse patterns, and your emotional life. The unresolved guilt you never faced becomes the shame that drives you back to the bottle. The abuse you never named becomes the rage that erupts out of nowhere. The lust you never confessed becomes the secret life that constantly whispers, “You’re fake.” The longer you avoid truth, the more power it gains. The moment you bring it into the light, its power begins to break.

This part of the journey is about **courage**. Courage to admit what you’ve minimized, denied, justified, excused, or buried. Courage to look at parts of your story you’ve kept locked up for years. Courage to acknowledge patterns that feel too personal or too embarrassing. Courage to say, “Yes, I did that,” without hiding behind drugs, alcohol, trauma, or other people’s sins.

And here is the most important part: Jesus stands with you in the truth—not as an accuser, but as a **healer**. The enemy uses truth to condemn; Jesus uses truth to cleanse. “**If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness**” (1 John 1:9). Truth does not punish you; truth purifies you. The truth you finally admit becomes the doorway into Step 5 (confession) and prepares your heart for Step 6 (being entirely ready for God to change you).

## Reflection Questions

1. What truth have I avoided admitting about myself?
2. What emotions rise when I try to face that truth?

3. How has avoiding this truth harmed my life or relationships?
  4. What does God want me to see about this truth?
  5. What step can I take today toward admitting it honestly?
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## DAY 52 — UNDERSTANDING THE PRICE OF KEEPING SECRETS

Every secret has a price tag. Some men carry secrets from childhood—abuse, neglect, shameful experiences, sexual sin, fear, or moments where they were deeply wounded and never told a soul. Others carry secrets from their years of drug and alcohol addiction—lies told to family, money stolen, crimes committed, affairs, betrayals, overdoses covered up, things done while high that they swore they'd take to the grave. These secrets settle deep into the soul like poison buried in the ground.

Scripture is clear: **“He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy” (Proverbs 28:13)**. Secrets block mercy. They block intimacy with God and with people. They block spiritual growth, emotional stability, and honest accountability. Secrets create a double life—one life that people see (the version you present in church, in group, in the program) and another life you carry alone in the dark. That division splits your soul. It drains your energy, steals your peace, and keeps you living in quiet fear that one day you'll be found out.

You may think you've “managed” your secrets, but the price keeps coming due. The price shows up as anxiety, depression, sudden anger, spiritual dullness, constant defensiveness, difficulty trusting, emotional numbness, and relapse patterns you can't seem to explain. Hidden guilt often drives the urge to use again: “If people knew what I've really done, they'd never accept me. I might as well keep using.” That's the lie of secrecy.

Secrets grow stronger in darkness but start dying the moment they are brought into the light. Confession doesn't mean telling everyone everything; it means bringing your secrets honestly before God and a trustworthy, mature believer who can walk with you in grace and truth. **“Walk in the light as He is in the light” (1 John 1:7)** is not just a verse—it is a recovery principle.

God is not asking you to reveal secrets to humiliate you. He is asking you to let Him lift the weight you've carried for far too long. A man who keeps secrets stays in bondage; a man who surrenders secrets steps into mercy.

## Reflection Questions

1. What secrets have I carried that still affect me?
  2. How have these secrets shaped my emotions or behaviors?
  3. What has secrecy cost me in relationships or peace?
  4. What does Scripture teach me about bringing things into the light?
  5. What secret is God urging me to release during this block?
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## DAY 53 — FACING SHAME WITHOUT RUNNING FROM IT

Shame is one of the most powerful forces behind drug and alcohol addiction. Shame doesn't just say, "I did something wrong." Shame says, "There is something wrong with me." Shame attacks your identity: "I'm disgusting. I'm unlovable. I'm defective. I'm dirty. I'm beyond grace. I'm the one who always ruins things. I'm not like other people." Shame convinces you that if anyone saw the real you—what you've done, what's been done to you, what you think inside—they would reject you.

Because shame feels unbearable, many men run from it into chemicals, porn, rage, isolation, religious performance, or constant joking. Addiction becomes a shame-management tool. You drink, use, or act out sexually to get away from the pain of who you think you are. But every time you act out, shame grows stronger, and the cycle deepens.

Scripture speaks directly to this: **"Those who look to Him are radiant; their faces are never covered with shame" (Psalm 34:5).** At the cross, Jesus carried your shame as well as your sin. **"For the joy set before Him, He endured the cross, despising the shame" (Hebrews 12:2).** God does not shame His sons; He restores them. He exposes shame so He can remove it, not so He can rub your face in it.

Facing shame does not mean drowning in self-hatred. It means confronting the lies shame has planted in your soul and naming the moments that made you feel worthless—abuse, rejection, failure, sexual sin, arrests, overdoses, betrayals, and the worst things you did while high. When you face these memories and lies **with Christ beside you**, something shifts. You realize that what you feared would destroy you becomes the very place where God's healing begins.

Running from shame keeps it powerful; facing shame in the light of Christ breaks its hold. You do not overcome shame by being “stronger”—you overcome shame by surrendering to the truth of what Jesus has done and who He says you are: forgiven, loved, redeemed, adopted, and made new.

### Reflection Questions

1. What moments or memories carry the most shame for me?
  2. How has shame shaped my self-image or decisions?
  3. What lies has shame whispered to me over the years?
  4. How does Christ speak differently than shame?
  5. What step can I take to face shame instead of run from it?
- 

## DAY 54 — LEARNING TO ACCEPT THE FULL TRUTH OF MY STORY

Accepting the full truth of your story is one of the most important spiritual milestones in recovery. Most men in addiction accept bits and pieces of their story: “Yeah, I used a lot,” “Yeah, I hurt people,” “Yeah, my childhood was rough,” but they avoid the deeper specifics. They avoid the memories that make their stomach turn, the details that feel too dirty, the failures they can’t stand to remember, and the traumatic chapters they’d rather erase.

But the truth of your story is not your enemy—it is the evidence of where God wants to show His power. Scripture declares, “**We know that all things work together for good to those who love God**” (Romans 8:28). That does not mean everything that happened to you or through you was good, but it means God can redeem even the worst parts for good—if you will bring them into His light.

Accepting your story does not mean approving of what happened. It means acknowledging it honestly so God can **transform** it. The abuse you suffered, the violence you saw, the abandonment you lived through, the decisions you made under the influence, the crimes, the betrayals, the sexual sins, the overdoses—all of these chapters are already known to God. Denial doesn’t erase them; it only keeps you from healing.

Many of the behaviors you struggle with today are rooted in chapters you haven't fully faced. When you accept the truth of those chapters, you begin to see why you hid, why you used, why you raged, why you detached, and why you repeated certain patterns. Acceptance brings clarity; clarity brings understanding; understanding opens the door to confession and change.

In Step 4, you write your story honestly. In Step 5, you speak it out with a trusted listener. In Step 6, you become willing for God to take that story and make it into a testimony. The goal is not to stay stuck in what was—but to let God use it as the backdrop for what He is doing now.

### Reflection Questions

1. What parts of my story have I accepted, and what parts do I still avoid?
  2. What emotions rise when I think about fully acknowledging my past?
  3. How might accepting my story shift my recovery?
  4. What truth about my story is Christ inviting me to see?
  5. How can acceptance lead to healing instead of shame?
- 

## DAY 55 — PREPARING A HEART THAT IS READY TO SPEAK HONESTLY

Honest confession (Step 5) requires more than information—it requires a **prepared heart**. You can have pages of Step 4 inventory written and still not be ready to truly confess. A prepared heart is a heart that has slowed down before God, that has asked the Holy Spirit to lead, that has surrendered its defenses, and that has decided, “I’m done hiding.”

Scripture says, “**Behold, You desire truth in the inward parts**” (Psalm 51:6). Confession begins inside—before a single word is spoken. Preparing your heart means letting go of the need to control how you look, how you sound, or how the listener sees you. It means laying down pride, image, charm, excuses, and spiritual masks. It means coming as a son, not a performer.

In addition, you learned to manage information—what to say, what to hide, and how to spin things so you didn’t get in as much trouble. If you bring that same strategy into

confession, you will miss the healing God has for you. Step 5 is not a performance; it is a surrender. You are not trying to impress your listener—you are inviting God to cleanse you. **“Create in me a clean heart, O God” (Psalm 51:10)** becomes your prayer.

A prepared heart also understands that the goal of confession is not just to “get it over with” but to let God use it as spiritual surgery. Confession is where Step 4 (examination) becomes real, where truth leaves the page and passes through your lips. It is where secrets lose their power, shame loses its voice, and you step into the light more fully than you ever have before.

Ask the Holy Spirit to soften any hard places, to calm your fear, to check your motives, and to give you courage to be specific, honest, and humble. As your heart is prepared, confession shifts from being something you dread to something you know you **need**.

### Reflection Questions

1. What fears do I have about speaking honestly in confession?
  2. What does a “prepared heart” mean to me personally?
  3. What attitude do I need to surrender—pride, fear, image, or control?
  4. How is the Holy Spirit preparing my heart for truth?
  5. What step do I need to take today to be ready for confession?
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## DAY 56 — WHY CONFESSION IS ABOUT HEALING, NOT PUNISHMENT

Many men associate confession with getting in trouble: courtrooms, probation violations, church discipline, or being confronted by family. In addition, confession often meant exposure, consequences, and shame. So it’s natural to assume that Step 5 is just another painful experience of being “found out.” But biblical confession is completely different. Confession in Christ is not about punishment—it’s about **healing**.

Scripture declares, **“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness” (1 John 1:9)**. Notice the words: forgive and cleanse. Confession is God’s appointed way to wash away what sin and addiction have dragged into your life. Confession is spiritual surgery: God removes what is toxic so He can restore what is healthy.

Punishment says, “You did this—now pay.” Confession says, “I did this—Jesus paid.” Punishment pushes you away in rejection; confession draws you near through grace. **“There is therefore now no condemnation to those who are in Christ Jesus” (Romans 8:1).** Confession brings you under the reality of that verse. When you hold everything inside, you live as if condemnation still owns you. When you confess, you step into the cleansing Christ already purchased.

Confession is also God’s way of breaking addiction logic. Drugs and alcohol taught you to hide, deny, and run. Confession trains your heart to do the opposite: to step into the light, own your choices, and surrender your life. This isn’t weakness—it’s transformation. Confession declares, “I trust God more than I trust my mask.”

You are not informing God of something He doesn’t know. You are agreeing with Him about what is already true so that healing, mercy, and cleansing can flow more deeply into your life.

### Reflection Questions

1. How have I viewed confession in the past?
2. Why do I fear confession even when I know it brings healing?
3. What is the difference between punishment and cleansing?
4. How has secrecy harmed my heart, relationships, or spirit?
5. What does God want to heal through confession?

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## DAY 57 — THE FREEDOM THAT COMES FROM BEING FULLY KNOWN

Every human being longs, deep down, to be **fully known** and still **fully loved**. Addiction tells you that will never happen. So you split yourself into versions: the “program version,” the “church version,” the “family version,” and the secret version. You learn to manage what people see. But you pay a high price: chronic loneliness, a sense of being fake, and the constant fear that one day someone will see the real you and walk away.

Scripture tells you that God already knows you completely: **“O Lord, You have searched me and known me” (Psalm 139:1).** He knows what you did in the darkest moments of your addiction. He knows the thoughts you’d never repeat out loud. He

knows the shameful memories you wish didn't exist. And still, in Christ, He loves you. **"While we were still sinners, Christ died for us" (Romans 5:8).**

Confession is God's way of letting you experience, in real time, what it feels like to be known and not rejected. When you tell the truth in Step 5 to God and a trusted listener, you are taking the mask off in a safe, grace-filled environment. People cannot love who you pretend to be; they can only love the real you. When that real you is finally seen and not thrown away, something powerful breaks inside: the lie that says, "If they really knew me, they'd never stay."

Being fully known brings freedom because it ends the exhausting work of hiding. It ends the constant calculations of, "What did I say to this person? What did I hide from that person?" It releases you from the burden of presenting a spiritual image while secretly drowning in guilt. This kind of freedom is not just emotional; it is deeply spiritual.

**"Where the Spirit of the Lord is, there is liberty" (2 Corinthians 3:17).**

Through confession, God invites you into a new way of living—one where you are no longer defined by what you hide, but by the grace you've received.

### **Reflection Questions**

1. What parts of myself have I never allowed anyone to know?
2. Why is being known so frightening for me?
3. What happened the last time I tried to be honest with someone?
4. How does God respond to the real me—not the mask I wear?
5. How would my life change if I allowed myself to be fully known?

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## **DAY 58 — WHY HIDING KEEPS ME IN BONDAGE**

From the very beginning of Scripture, humans have been hiding. After Adam and Eve sinned, they hid from God among the trees (Genesis 3:8). Addiction continues that pattern: we hide bottles, hide pills, hide paraphernalia, hide phone logs, hide websites, hide money, hide what we feel, hide where we go, hide what we think. Hiding feels safer than being honest—but it quietly tightens the chains of bondage.



Hiding keeps you trapped in the same old cycle because anything hidden cannot be healed. Hidden resentment keeps poisoning you. Hidden sin keeps condemning you. Hidden trauma keeps triggering you. Hidden relapse thoughts keep steering you toward another fall. Scripture says, **“All things that are exposed are made manifest by the light, for whatever makes manifest is light” (Ephesians 5:13)**. The light of God does not come to embarrass you—it comes to expose what’s killing you so it can be removed.

Bondage happens in silence; freedom happens in truth. As long as you hide, you are enslaved to what you fear other people will find out. Hiding keeps you living for image instead of reality. It keeps you suspicious, closed, and defensive. It keeps you performing instead of transforming. It keeps you from the intimacy you desperately want but are terrified to risk.

This program—and Steps 4, 5, and 6 in particular—are built around a central principle: **what stays in the dark stays in control**. Drug and alcohol addiction thrives in secrecy. Confession and openness choke it out. When you begin to bring your real self into the light, you will feel fear at first—but on the other side of that fear is peace.

Christ already knows what you’re hiding. He is not shocked. He is inviting you to stop running, stop pretending, and step into the light that heals.

### **Reflection Questions**

1. How has hiding shaped my life, choices, and relationships?
2. What do I gain by hiding? What do I lose?
3. What fear keeps me from bringing things into the light?
4. How does Christ respond when I stop hiding?
5. What step can I take today to walk in truth?

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## **DAY 59 — CONFESSION AS AN ACT OF FAITH, NOT WEAKNESS**

In the world of addiction and street survival, admitting weakness feels dangerous. You learned to keep your guard up, act like you were fine, never show vulnerability, and

never let anyone see you scared. That mentality can follow you into recovery, especially into Step 5. You might think, “If I confess all this, I’ll look weak,” or, “Real men keep it to themselves.”

But in God’s kingdom, confession is not a sign of weakness—it is a sign of **faith**. Weakness hides; faith steps into the light. Weakness protects image; faith trusts God more than image. Weakness clings to control; faith releases control and says, “Lord, I trust You with the truth.” Scripture says, “**Humble yourselves under the mighty hand of God, that He may exalt you in due time**” (1 Peter 5:6). Confession is humility in motion—and humility invites God’s power.

When you confess honestly, you are declaring, “I believe God is good enough to handle my truth. I believe His grace is bigger than my sin. I believe His blood is stronger than my addiction and my shame.” That is faith. “**Without faith it is impossible to please Him**” (Hebrews 11:6). Confession pleases God because it shows you trust Him.

Confession also fights the lie that says, “If people really knew, they’d walk away.” When you risk honesty with a safe, mature believer and experience grace instead of rejection, your faith grows. You begin to believe that maybe God really is as merciful as He says. Confession becomes a doorway to deeper trust, not just a box to check off.

So, when you prepare for Step 5, don’t see it as your moment of humiliation. See it as your moment of faith. You are choosing to stand on what God says—about sin, forgiveness, and grace—instead of what fear, shame, and addiction say.

### Reflection Questions

1. Why have I believed confession makes me weak?
2. What does confession require that hiding does not?
3. What does it mean for me to trust God with the truth?
4. What is the connection between faith and honesty?
5. How can confession strengthen my spiritual life?

In recovery, many men learn to “tell their story,” but not all storytelling is confession. Some sharing is actually **blaming** in disguise. You may find yourself talking a lot about what others did—your parents, your ex, your boss, the legal system, the church, your old friends, or even what drugs “made” you do—while barely touching your own responsibility.

Sharing says, “This is what happened to me.” Confession says, “This is what I chose to do.” Both are important, but Step 5 focuses on owning **your part**. Scripture teaches, “**Each one shall bear his own load**” (**Galatians 6:5**). That doesn’t erase other people’s sins against you, but it does mean you are accountable for your responses, your decisions, and your addictions.

Blaming keeps you stuck. As long as the main issue is everyone else, you stay in the role of the victim—even when you were the one doing the harming. Blame may feel satisfying for a moment, but it blocks transformation. You cannot repent of someone else’s choices. You can only repent of your own. Confession requires that you talk honestly about where you lied, where you used, where you manipulated, where you abandoned, where you exploded, where you broke trust—without attaching a “but they...” to the end of every sentence.

That doesn’t mean your pain doesn’t matter. God cares deeply about the wounds others inflicted on you. But Step 4, 5, and 6 are about letting God deal with **you**. As you separate confession (owning your sin) from sharing (acknowledging your pain), you position yourself for real change.

Christ is ready to meet you in the truth of **your** story—not just what was done to you, but what you did. And when you own it, His grace meets you there.

### Reflection Questions

1. When I talk about my story, do I tend to explain or blame?
2. What makes it difficult to own my part without excuses?
3. How does blaming others prevent healing?
4. What part of my story do I need to take responsibility for?
5. What would confession look like if I removed blame completely?

## DAY 61 — HOW CONFESSION BREAKS THE POWER OF SHAME

Shame is one of the strongest fuels behind drug and alcohol addiction. Shame doesn't just remind you of what you did—it tries to convince you of who you are: "You're a junkie." "You're a drunk." "You're a failure as a dad." "You're dirty." "You're beyond help." Because shame feels unbearable, many men drink or use just to get away from their own thoughts. But the problem is, every time you drink or use to escape shame, you end up doing more things that increase your shame. The cycle gets deeper, darker, and heavier.

Shame gains its power by staying hidden. As long as you keep your worst moments, your ugliest choices, and your deepest failures to yourself, shame has something to hold over you. It whispers, "If they really knew you, they'd reject you." "No one else is as twisted as you." "Your past defines you forever." These are not the voice of God—they are the voice of the enemy and the echo of unhealed sin.

Confession breaks this power because shame cannot survive in the light of Christ's truth. Scripture declares, **"There is therefore now no condemnation to those who are in Christ Jesus" (Romans 8:1)**. When you confess honestly—your sins, your relapses, the people you hurt, the secret things you did under the influence—you are stepping out of condemnation and into **grace**. You are saying, "I agree with God about my sin, and I also agree with God about His forgiveness."

When you speak out loud what you've been hiding, something supernatural happens:

- The secrets that once controlled you lose their grip.
- The lies that said, "You're the only one," begin to crumble.
- The heavy, suffocating feeling of being "the worst" starts to lift.

Confession is shame's greatest enemy because confession invites God's mercy and truth into the very places shame has occupied. **"If we confess our sins, He is faithful and just to forgive us...and to cleanse us" (1 John 1:9)**. Shame says, "Stay silent." Confession says, "I'm done hiding." Shame says, "You are your addiction." Confession says, "I am a sinner who is being washed by the blood of Jesus."

The very things you are most ashamed of—things you did while high, the people you betrayed, the sin you swore you'd never commit—often become the very places where God shows His greatest power once they're brought into the light. Step 4 uncovers

them, Step 5 confesses them, and Step 6 gets your heart ready for God to remove the character defects that fed them.

### Reflection Questions

1. What shame have I carried silently?
  2. How has shame influenced my identity or relationships?
  3. What lie has shame used to control me?
  4. What does God say that contradicts that lie?
  5. How can confession help break shame in my life?
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## DAY 62 — WHY CONFESSION MUST BE SPECIFIC

Addiction loves vague language. “I messed up.” “I went through some stuff.” “I struggled.” “I did some things I’m not proud of.” Those phrases sound humble, but they actually hide more than they reveal. Vague confession protects your image and keeps your heart at a safe distance from real repentance. It allows you to say a lot while changing very little.

Scripture says, “**He who conceals his sins does not prosper, but whoever confesses and forsakes them will have mercy**” (**Proverbs 28:13**). Notice that word: **sins**, not just “issues.” Confession must be specific because sin is specific. Addiction is specific. You didn’t “kind of do wrong”—you lied, stole, used, drove drunk, abandoned, exploded, manipulated, committed sexual sin, broke trust, and damaged people. God already knows every detail. Specific confession simply brings your words into agreement with His truth.

Specific confession does several important things in recovery:

- **It breaks secrecy.** You can’t cling to “your little private sin” when you’ve named it out loud.
- **It reveals patterns.** When you say, “I used almost every time I was rejected,” that’s clearer than just, “I had a hard past.”

- **It exposes roots.** Being specific helps you see what drove your addiction—loneliness, anger, lust, fear, resentment, pride.
- **It strengthens your Life Portrait.** Your testimony becomes real, not general. You can say, “This is what Christ saved me from,” with clarity.

Being specific does **not** mean being graphic or inappropriate. It means being honest, direct, and clear. Instead of, “I struggled with women,” you might say, “I used porn daily,” or, “I cheated on my wife multiple times while high.” Instead of, “I wasn’t always honest,” you might say, “I stole money from my mom to buy drugs,” or, “I lied to my kids about where I was going so I could drink.”

Addiction thrives on fog. Healing thrives on clarity. Step 4 helps you list the specifics. Step 5 is where you speak them with humility. Step 6 is where you say, “God, I’m done with these patterns—I am willing for You to change me.”

### Reflection Questions

1. Why is it easier to confess generally instead of specifically?
2. What am I afraid will happen if I get honest about details?
3. What specific wrongdoing do I need to admit?
4. How does specificity bring healing?
5. How will specific confession strengthen my Life Portrait?

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## DAY 63 — UNDERSTANDING THE PURPOSE OF GODLY ACCOUNTABILITY

Addiction and isolation go hand in hand. You hide your using. You hide your drinking. You hide your relapses. You avoid people who might tell you the truth. Over time, you become your own counselor—and your own counselor is still an addict. That never ends well.

God has a different design: “**Confess your trespasses to one another, and pray for one another, that you may be healed**” (James 5:16). Accountability is not someone

hovering over you with a clipboard—it is a spiritual gift God uses to keep you honest, stable, and growing. It is one of the ways He protects you from going back to the old life.

Godly accountability is:

- **Protection**, not punishment. It helps stop relapse before it starts.
- **Partnership**, not control. It means, “I’m walking with you, not over you.”
- **Light**, not spying. It invites truth into areas where addiction used to rule.

Many men resist accountability because they’ve experienced harsh, legalistic, or shaming versions of it. But biblical accountability is rooted in love and grace. It’s someone saying, “Brother, I care too much about your soul to let you lie to yourself. Let’s stay honest together.” In a Christ-centered recovery program, accountability might look like:

- Being honest with your Big Brother or staff about cravings and temptations.
- Sharing your Daily Moral Inventory (DCI) honestly instead of “faking good.”
- Owning relapse thoughts before they turn into relapse actions.
- Allowing someone to ask you hard questions about honesty, purity, and obedience.

Accountability doesn’t make you weak; it proves you’ve learned you **cannot do this alone**. Step 4 reveals your patterns. Step 5 opens your life to honest confession. Step 6 teaches you that you need God—and the body of Christ—to help you walk out real change.

### Reflection Questions

1. What has my attitude toward accountability been in the past?
2. Why is accountability difficult for me?
3. How has isolation harmed my life?

4. What kind of accountability do I need for healing?
  5. Who is God asking me to open up to?
- 

## DAY 64 — LEARNING TO SPEAK TRUTH WITHOUT EXCUSES

Most addicted men are experts at explaining, excusing, and softening the truth. We say things like, “I only used because I was stressed,” “Anybody would drink if they went through what I did,” or, “I didn’t mean to hurt you.” We mix confession with justification, which is really a way of still protecting our pride.

King David gives a different model. After his massive moral failure, he prayed, “**Against You, You only, have I sinned, and done this evil in Your sight**” (Psalm 51:4). No excuses. No “but you have to understand...” No shifting blame to his childhood, responsibility as king, or Bathsheba. Just straight, unfiltered truth before God.

Excuses soften the sting of conviction, but they also weaken the power of confession. When you make excuses for sin connected to your addiction, you leave the door cracked open for it to return:

- “I wouldn’t have relapsed if they hadn’t stressed me out.”
- “If my family supported me more, I wouldn’t drink.”
- “If my past were different, I wouldn’t be like this.”

Those statements may contain pain, but they also contain **dodging**. Recovery requires responsibility. Step 4 is about seeing where you really sinned, not where you were a victim. Step 5 is about saying, “I did this,” and stopping there. Step 6 is about being willing for God to remove the inner attitudes that keep reaching for excuses—pride, stubbornness, self-pity, blame, and defensiveness.

God is not asking you to deny your pain; He is asking you to stop using your pain to justify your sin. Speaking truth without excuses is not about beating yourself up—it’s about finally standing on solid ground where real change can happen.

### Reflection Questions



1. What excuses do I commonly use when confessing?
  2. Why do I fear telling the truth plainly?
  3. What would confession sound like without any explanations?
  4. How does God respond to honest confession?
  5. What excuse do I need to surrender today?
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## **DAY 65 — HOW HUMILITY PREPARES THE HEART FOR TRANSFORMATION**

Humility is not just a nice character trait; it is a **requirement** for recovery. Pride and addiction walk together. Pride says, “I’ve got this.” “I can handle it.” “I know what I’m doing.” Pride argues with staff, resists structure, and pushes back when confronted. Pride hides, defends, and refuses correction. As long as pride is in control, addiction is never far behind.

Scripture declares, “**God resists the proud, but gives grace to the humble**” (James 4:6). Think about that: when you are proud, you are literally putting yourself in opposition to God. When you humble yourself, you step under the waterfall of His grace. Grace is not just unearned favor—it is God’s power working in your weakness to change you from the inside out.

Humility looks like this in a Christ-centered recovery program:

- Receiving correction instead of arguing or shutting down.
- Admitting, “I don’t know how to do life sober without God’s help.”
- Letting others speak into your blind spots without getting defensive.
- Owning your sin fully instead of minimizing or blaming.
- Saying, “Lord, I am willing for You to change anything in me that needs to change.”

Step 4 requires humility: you have to admit that your best thinking got you here. Step 5 requires humility: you have to tell on yourself instead of protecting your image. Step 6 is pure humility: **“We became entirely ready to have God remove all these defects of character.”** Humility says, “I can’t fix myself. I can’t manage my own addiction. I can’t scrub my own heart. I need God to do what I cannot do.”

Humility is not beating yourself up; it is agreeing with reality. And reality is this: you are a sinner in need of grace, an addict in need of a Savior, and a man in need of transformation only Christ can bring.

### Reflection Questions

1. What areas of my heart still resist humility?
2. How has pride kept me stuck?
3. When I think of humility, what emotions arise?
4. How is God teaching me humility in this season?
5. What would change if I embraced humility fully?

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## DAY 66 — WHAT IT MEANS TO BRING MY STORY INTO THE LIGHT

Bringing your story into the light is not just a poetic phrase—it is a crucial recovery step. It means allowing the truth of your life to be seen: your sin, your addiction, your double life, your patterns, your losses, your failures, and your choices. Jesus said, **“Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light” (John 3:20–21).**

When you were in active addiction, you lived in the dark. You lied about where you were, who you were with, what you spent, what you used, and what you did. Darkness became normal. It also became deadly. In the dark, your addiction grew stronger, your conscience grew quieter, and your character grew weaker.

Bringing your story into the light through your Life Portrait and Step 5 confession changes the atmosphere. It’s you saying, “This is who I have really been. This is what I really did. This is where sin and addiction really took me.” That can feel terrifying—but it

is also **holy**. Light doesn't just expose what's there; it begins to heal it. **"But if we walk in the light as He is in the light... the blood of Jesus Christ His Son cleanses us from all sin" (1 John 1:7).**

Your Life Portrait is not about putting on a show; it is about tearing down the walls that addiction built. It is not about shaming you; it is about freeing you. When you bring your story into the light with trusted staff or leaders and brothers in Christ, you are declaring, "This sin no longer gets to hide. This past no longer gets to own me." The truth from your past becomes the platform where God's mercy can stand.

Step 4 gathers the pieces. Step 5 brings them into the light. Step 6 invites God to begin changing the man standing in that light.

### Reflection Questions

1. What parts of my story do I still fear bringing into the light?
2. How does hiding distort my understanding of myself?
3. How does God respond when truth comes into the light?
4. What freedom am I hoping to gain through this process?
5. What step can I take today to begin moving toward the light?

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## DAY 67 — CHOOSING HONESTY OVER IMAGE

Your **image** is the fake version of you that addiction helped build: the tough guy, the ladies' man, the lone wolf, the spiritual one, the "I'm fine" guy. You used that image to survive, to impress, to intimidate, or to keep people from seeing the real you—scared, ashamed, hurt, and enslaved to drugs or alcohol.

Image protected you on the streets or in the world of using, but it will destroy you in recovery. Jesus said, **"You shall know the truth, and the truth shall make you free" (John 8:32).** He did **not** say, "Your image will make you free." Image keeps you locked in pride and fear. Honesty is what opens the prison door.

Choosing honesty over image means:

- Admitting when you don't know something instead of pretending you do.
- Owning your cravings instead of acting like temptation "doesn't bother you."
- Acknowledging your fears instead of hiding behind anger or jokes.
- Confessing sin instead of managing appearances.

Step 4 destroys image because it forces you to put the real story on paper. Step 5 destroys image further because you actually speak it out. Step 6 buries image completely because you say to God, "Change me, not just how I look to others." God is not interested in blessing your image; He is committed to transforming your **heart**.

Image will keep you trapped in old cycles: always posturing, always hiding, always half-healed. Honesty will cost you your image—but it will give you your life.

### Reflection Questions

1. What image have I tried to present to others?
2. How has that image protected me? How has it harmed me?
3. What does choosing honesty look like in my story?
4. What fear rises when I let go of image?
5. What truth does Christ want me to embrace instead?

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## DAY 68 — LEARNING TO TRUST GOD WITH THE PARTS I WANT TO HIDE

Every man has parts of his story he wants to hide—even from God, even from himself. These may be the darkest nights of addiction: the things you did in a blackout, the people you betrayed, the children you disappointed, the laws you broke, the sexual sins you committed, the people you used or abused. Or they might be early wounds from childhood that make you feel dirty, weak, or defective.

Those are usually the same parts that drive you back to the bottle or the needle—the unresolved, unspoken, unhealed areas. As long as you cling to them in silence, they keep bleeding into your present.

Scripture invites you to a different posture: **“Casting all your care upon Him, for He cares for you” (1 Peter 5:7)**. Trusting God with the parts you want to hide means believing He is not shocked, not disgusted, and not walking away. He already saw it all. Jesus already carried it all to the cross. **“Surely He has borne our griefs and carried our sorrows” (Isaiah 53:4)**.

In this phase, God is asking, “Will you trust Me with the parts you’ve never trusted anyone with?” Will you hand over the memories that make you want to use? Will you bring Me the things you swore you’d never speak? Will you believe that My grace is greater than your darkest chapter?

Step 4 identifies those hidden places. Step 5 is where you take the leap of faith and actually bring them to God and a trusted believer. Step 6 is where you say, “Lord, I am willing for You to change the man who did these things and the boy who went through these things.”

Trusting God with the hidden parts of your story is not optional if you want lasting freedom. It is the doorway into true repentance and transformation.

### **Reflection Questions**

1. What part of my story do I trust God with the least?
2. Why does that part feel so vulnerable?
3. How has God responded to me in my past moments of honesty?
4. What does trusting God with my hidden places look like?
5. What step of trust is God asking me to take right now?

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## **DAY 69 — IDENTIFYING THE 2–3 DEEPEST SECRETS HOLDING ME BACK**

Most men in addiction recovery can point to a handful of secrets—two or three in particular—that function like anchors on the soul. They might be things you did while

using that you've never told anyone. They might be abuse you suffered that you've kept buried. They might be a crime, an affair, a betrayal, an abortion, a violent moment, or something you viewed or participated in that still makes you feel sick when you think about it.

These deepest secrets often do several things:

- They fuel your belief that you are beyond grace.
- They drive you back to drugs or alcohol when you feel overwhelmed.
- They keep you from fully connecting in relationships and in church.
- They whisper, "If anyone knew this, they'd walk away."

Scripture says, **"For nothing is secret that will not be revealed, nor anything hidden that will not be known and come to light" (Luke 8:17)**. God doesn't say this to terrorize you—He says it to invite you into voluntary confession **before** destructive exposure. When **you** choose to bring your deepest secrets into the light of Christ, they begin to lose their power.

Step 4 helps you see the patterns; Step 5 is where you decide, "These 2–3 things I've never told anyone—I'm going to trust God and my counselor/leader with them." That is often the turning point in a man's recovery. Until those secrets are named, they keep poisoning your heart from underground. Once they are confessed, healing finally has access to the deepest roots.

You cannot heal what you refuse to reveal. But once you name these secrets before God in humility and repentance, the chains they created begin to fall. Step 6 then becomes a prayer: "Lord, remove the shame, the lies, and the character defects connected to these secrets. I don't want to live like this anymore."

### Reflection Questions

1. What are the deepest secrets I've carried into adulthood?
2. How have these secrets shaped my behavior or identity?
3. What lie did each secret teach me?

4. How would my life change if these secrets lost their power?
  5. What is God inviting me to reveal so He can heal?
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## DAY 70 — UNDERSTANDING THE WEIGHT OF CONFESSION ON HEALING

There is a holy weight to confession. Not a weight of hopeless guilt, but a weight of **spiritual importance**. Confession is the bridge between Step 4 and Step 6—between seeing and changing, between writing and repenting, between awareness and actual transformation. It is the doorway that many men are afraid to walk through—but it is also where many finally encounter deep healing.

Scripture says, “**He heals the brokenhearted and binds up their wounds**” (**Psalm 147:3**). But wounds can’t be bound until they are opened. Confession is God’s way of opening the infected areas of your soul: the sin, the guilt, the trauma, the lies, the double life. If you only skim the surface, you only heal at the surface. Confession goes deeper.

Confession carries weight because:

- It requires you to stand before God and a person and say, “This is who I really have been.”
- It strips away excuses and exposes reality.
- It invites consequences—but it also invites cleansing.
- It marks a turning point: “**I am not going back to hiding.**”

After confession comes cleansing, renewal, clarity, and new power to walk differently. You may cry. You may feel relief. You may feel spiritually lighter. You may finally understand why you used the way you did. The weight you feel before confession is often the weight of what you’ve carried alone for years. The weight after confession is the weight of God’s hand shaping you into a new man.

You cannot heal what you hide, but you **can** heal what you reveal and surrender to Christ. Step 4 showed you the infection. Step 5 allows the Surgeon to open it. Step 6 is

where you willingly stay on the table and say, “Do whatever You must do in me, Lord—I want to change.”

### Reflection Questions

1. How do I feel when I think about confession?
  2. Why does confession feel heavy or intimidating?
  3. What wound or memory carries the most weight in my heart?
  4. What does Scripture say about healing through truth?
  5. What healing am I hoping confession will bring?
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## DAY 71 — WHY I MUST OWN MY PART WITHOUT BLAMING OTHERS

Blame is one of the main ways an addict avoids transformation. As long as I can say, “It’s because of my parents,” “It’s because of my ex,” “It’s because of the system,” “It’s because of the streets,” or even “It’s because of the church,” I never have to face what I **chose** to do with the pain and pressure of my life. Blame makes me a permanent victim. Step 4 (moral inventory) and Step 5 (confession) are where God lovingly destroys this victim mindset and teaches me responsibility.

Scripture says, “**So then each of us shall give account of himself to God**” (Romans 14:12). That account is not a list of what other people did to me—it is an honest reckoning of what I **did** with what they did to me. It is about my attitudes, my reactions, my decisions to pick up that first drink, that first pill, that first pipe, that first needle. It is about how I chose lying over truth, escape over responsibility, selfishness over love, numbness over healing.

Owning my part does **not** erase the wrong that others did. Many men in recovery have experienced real abuse, rejection, neglect, and injustice. God sees it all. He will deal with those issues as well. But if I focus only on what others did, I will never see the very real damage I caused under the influence of alcohol and drugs—damage to my own soul, to my family, to my children, to my community, and most importantly, to my relationship with God.



Addiction loves blame because blame keeps me from repentance. Repentance is not just saying, “I’m sorry life was hard.” It is saying, **“I sinned. I chose to drink. I chose to use. I chose to lie, steal, manipulate, abandon, explode, and break trust.”** When I blame, I stay stuck. When I own my part, I put myself in a position where God can change me from the inside out. **“If we confess our sins, He is faithful and just to forgive us” (1 John 1:9).** Confession demands ownership.

In Step 6, I become entirely ready for God to remove my defects of character. That means I must first admit that those defects are **mine**, not someone else’s. My anger. My pride. My selfishness. My self-pity. My manipulation. My dishonesty. My addictive patterns. Before God can remove them, I must stop defending them or blaming them on my story.

When I finally say, **“Lord, no more excuses. No more blame. This is my sin, my addiction, my responsibility,”** I step into spiritual adulthood. God meets me in that place with mercy—not to crush me, but to free me.

### Reflection Questions

1. Where do I still blame others for my behavior?
2. What part have I avoided taking responsibility for?
3. Why is it difficult to own my actions honestly?
4. What does taking ownership look like in my story?
5. How will owning my part bring freedom?

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## DAY 72 — HOW TO CONFESS WITHOUT MINIMIZING OR OVER-EXPLAINING

Minimizing and over-explaining are two of the addict’s favorite tools for dodging the full weight of confession. Minimizing says, “It wasn’t that bad. I only used a little. I just had a few beers. At least I didn’t do what they did.” Over-explaining says, “Let me tell you all the reasons why I did it, so it doesn’t sound so bad.” Both are rooted in fear and pride—fear of how I’ll be seen, and pride that still wants to look better than I really was.

Jesus said, **“Let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’” (Matthew 5:37).** In other words: speak plainly. Tell the truth straight. Don’t cover it with half-truths, spin, or

emotional fog. When I confess that I drove drunk, I don't need to say, "Traffic was light" or "I didn't mean to hurt anyone." When I confess I stole money for dope, I don't need to say, "They weren't helping me anyway." When I confess sexual sin, I don't need to say, "We were both messed up."

Minimizing cuts the nerve of conviction. Over-explaining moves the focus from **what I did** to **why I did it**, and often becomes yet another way to avoid repentance. God already understands all the reasons. Confession is not information for God—it is alignment with God. Step 4 helps me see the facts; Step 5 is where I say them. Step 6 is where I allow God to change the heart that made those choices.

Real confession sounds like this:

- "I got drunk and endangered other people's lives."
- "I stole money from my family to buy drugs."
- "I lied to my children repeatedly."
- "I used people sexually while I was high."
- "I broke trust and betrayed people who loved me."

No softening. No hiding behind circumstances. No exaggerating either—confession is not drama; it is accuracy. The truth, clearly spoken, opens the door for real healing. **"He desires truth in the inward parts" (Psalm 51:6).**

Minimizing and over-explaining feel safe, but they keep me sick. Clear, humble confession feels scary, but it frees me. I don't confess to be crushed; I confess to be cleansed.

### Reflection Questions

1. Do I tend to minimize or over-explain when confessing?
2. What am I afraid will happen if I speak plainly?
3. How does minimizing weaken the healing process?
4. How does over-explaining hide the truth?

5. What would honest confession look like for me right now?
- 

## DAY 73 — RELEASING THE FEAR OF WHAT OTHERS WILL THINK

One of the biggest barriers to Step 5 is the fear of what people will think when they hear the truth. “If they know I drove drunk with my kids in the car, they’ll hate me.” “If they find out what I did when I was high, they’ll never respect me.” “If I tell them what I watched, what I stole, who I hurt, they’ll see me as a monster.”

Scripture warns, **“The fear of man brings a snare, but whoever trusts in the LORD shall be safe” (Proverbs 29:25)**. The fear of people’s opinions is a trap—it keeps me in hiding, trying to manage my image instead of pursuing my healing. In addition, I already lived a double life, living one way in secret and acting another way in public. If I bring that same fear into recovery, I will stay stuck in the same old bondage.

The men and leaders who will hear your confession are not perfect. They are sinners saved by grace. Many have their own stories of addiction, sin, bondage, and failure. They are not sitting in judgment, waiting to crush you—they are there because they believe in the power of the cross and the necessity of truth.

Confession is not ultimately about them; it is about **Him**. You confess before people, but you confess ultimately to God. **“Against You, You only, have I sinned” (Psalm 51:4)**. If God Himself says that the blood of Jesus is enough to cleanse you from all sin (1 John 1:7, 9), then what any human thinks cannot overrule His verdict.

When you release the fear of what others will think, you stop asking, “How do I look?” and you start asking, “How can I be healed?” You stop living for reputation and start living for transformation. You stop trying to keep the approval of people and start walking in the acceptance of Christ.

Step 4 uncovers the truth. Step 5 is where you say, “Lord, I fear their opinions, but I fear staying in bondage more. Help me choose truth over image.” Step 6 is where you allow God to uproot the people-pleasing and fear of man that kept you stuck in addiction.

### Reflection Questions

1. What do I fear people will think if they hear my full story?
2. How has fear of others’ opinions shaped my life?

3. What does God say about fear and trust?
  4. Who am I actually trying to please—people or God?
  5. How can I release this fear today?
- 

## DAY 74 — UNDERSTANDING WHOSE VOICE I'M REALLY AFRAID OF

Behind every fear is a voice. For some, it's the voice of a dad who said, "You'll never amount to anything." For others, it's a mom who said, "You always screw things up." For some, it's the voice of an ex who called them a monster, a drunk, a junkie, or "just like your father." For many, it's their **own** internal voice of shame: "You're disgusting. You're beyond help. You're too far gone."

Addiction amplifies those voices. When you use, those voices either get louder ("See, you did it again") or fade temporarily, which is why you keep running back to substances. But when the high wears off, the voices come back with more force. Confession can feel terrifying because you imagine hearing those same condemning voices coming from the people in front of you.

Jesus says something different: "**My sheep hear My voice, and I know them, and they follow Me**" (John 10:27). His voice is not like the voice of shame. The enemy is called "the accuser of the brethren" (Revelation 12:10); Jesus is the Advocate, the Intercessor, the One who prays for you (Hebrews 7:25). The Holy Spirit convicts, but He does not condemn. Conviction says, "You have sinned, but there is mercy and a way forward." Condemnation says, "You are your sin and there is no hope."

In this stage of Step 5 and Step 6, you must ask: **Whose voice am I really listening to? Whose voice am I most afraid of hearing?** The voice of old authority figures? The voice of my past? The voice of demons? Or the voice of Christ?

When you confess your Life Portrait, you are choosing to silence every other voice and listen to the One who died for your sins. You are letting Him define who you are and how your story ends. His voice speaks truth, but it also speaks hope: "**Neither do I condemn you; go and sin no more**" (John 8:11).

### Reflection Questions

1. Whose voice do I fear the most?
  2. How has that voice shaped my self-image or decisions?
  3. How do I recognize the difference between God's voice and shame's voice?
  4. What is Christ speaking into my fear right now?
  5. What voice do I need to silence so I can walk in truth?
- 

## DAY 75 — PREPARING TO SPEAK BOLDLY, CLEARLY, AND HONESTLY

Confession is not an accident—it is a moment you prepare for. Step 4 has helped you write your Life Portrait, face your past, list your sins, see your patterns, and trace your wounds. Step 5 is where you now speak that story to God and a trusted person. Step 6 is where you invite God to begin changing the man who just spoke.

To be ready, you need more than facts—you need a heart posture. Scripture says, **“We overcome by the blood of the Lamb and by the word of their testimony” (Revelation 12:11)**. Your Life Portrait confession is not just a list of failures; it is the raw material of your testimony. It is the place where the blood of the Lamb meets the truth of your story and begins to produce victory.

To speak **boldly** does not mean you are loud or dramatic; it means you are confident in God's grace. Boldness says, “Yes, this is my story. Yes, I did these things. Yes, I was that man. But I believe Jesus is greater than my sin.” To speak **clearly** means you do not hide behind foggy language, half-truths, or confusion. You say what happened in a way that is understandable and honest. To speak **honestly** means there is no pretending, no spin, no selective editing.

As you prepare:

- Pray, “Lord, guard my heart from pride, defensiveness, and fear.”
- Ask the Holy Spirit to highlight what needs to be shared for healing.
- Ask for strength to tell the truth even when your stomach is tight and your hands are shaking.

- Remember that Christ is in the room, not just the people.

This is a sacred moment. The man who walks into his Step 5 confession weighed down, hiding, and fragmented is not the same man who walks out. Something breaks. Something shifts. Something is loosed in the spirit. You are moving from secrecy to light, from isolation to connection, from image to truth.

### Reflection Questions

1. What does speaking boldly mean to me in this season?
  2. What part of my story requires the most courage?
  3. How can I speak clearly without minimizing or exaggerating?
  4. What do I need to surrender to be fully honest?
  5. How does God want to meet me in my confession?
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## DAY 76 — WHAT IT MEANS TO BECOME ENTIRELY READY

Step 6 of the Christian 12 Steps says, in essence, **“We became entirely ready to have God remove all these defects of character.”** That phrase “entirely ready” is powerful. It does not say “kind of willing,” “somewhat open,” or “interested if it doesn’t hurt too much.” Entirely ready means I am giving God full access to the inner wiring that fed my addiction.

Before I came into recovery, my “readiness” sounded like this: “I want to stop going to jail.” “I want my family back.” “I want the cravings to stop.” Those are real desires—but they focus mostly on **outcomes**. Step 6 goes deeper. It is not just about stopping drinking or using; it is about letting God touch the pride, fear, anger, lust, self-pity, rebellion, dishonesty, control, and selfishness that **kept sending me back** to alcohol and drugs.

King David prayed, **“Create in me a clean heart, O God, and renew a steadfast spirit within me” (Psalm 51:10).** That is the cry of a man who has moved from, “Fix my life,” to, “Change my heart.” Becoming entirely ready means I stop arguing with God about which defects can stay. I stop saying, “God, take the addiction but leave my anger,” or

“Take the drugs but leave my pride,” or “Take the shame but leave my sexual sin.” Entirely ready means I sign a blank check with my heart and hand it to Him.

This does **not** mean I feel no fear. It does not mean I suddenly feel strong and holy. It means I am done negotiating. I am tired of being half-changed. I am weary of giving God the outer mess while protecting my inner idols. I am ready to say, “Lord, if it fuels my addiction—if it grieves Your Spirit—if it hurts others—if it keeps me far from You—remove it. Even if it’s been part of me for years.”

Addiction is not just what I did; it is who I let myself become. Step 4 helped me see that truth. Step 5 helped me confess it. Step 6 is where I say, “I refuse to stay that man. I am entirely ready for You to rewire me.”

### **Reflection Questions**

1. What does becoming entirely ready mean for me personally?
2. What areas of my life have I not been willing to surrender fully?
3. What excuses or fears keep me from being ready?
4. What is God asking me to open my hands and release today?
5. How can I begin praying for a heart that is truly ready?

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## **DAY 77 — SURRENDERING PATTERNS I CLUNG TO FOR SURVIVAL**

Before I ever picked up a bottle, pipe, pill, or needle, I learned ways to survive my inner world. Some of those patterns were: exploding in anger so no one got too close, shutting down so I didn’t feel, lying so I wouldn’t get in trouble, manipulating so needs got met, running so I didn’t get hurt again. When addiction came along, it hooked itself onto those survival patterns and supercharged them.

For years, those ways of coping felt like my only protection. If I stop yelling, people will walk over me. If I stop lying, I’ll be rejected. If I stop manipulating, I’ll be abandoned. If I stop numbing, the pain will drown me. But in reality, those same patterns are what drove me deeper into addiction and chaos.

Scripture invites a different trust: **“When I am afraid, I will trust in You” (Psalm 56:3).** Step 6 is where God says, “Will you trust Me enough to surrender the patterns you’ve used to survive—and let Me protect you instead?” That means:

- Anger no longer gets to be my shield; God becomes my refuge.
- Drugs and alcohol no longer get to be my comfort; the Holy Spirit becomes my Comforter.
- Manipulation no longer gets to be my security; God’s faithfulness becomes my security.
- Isolation no longer gets to be my hiding place; Christ becomes my hiding place.

Surrendering survival patterns is scary because my flesh believes, “I will die without these.” But the truth is, those patterns are what were killing me. “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life” (John 10:10). The thief used my survival skills to keep me in bondage; Jesus is now asking me to trade those skills for His life.

Step 4 revealed where those patterns came from. Step 5 helped me confess them as sin where they became sinful. Step 6 is where I lay them at the foot of the cross and say, “Lord, I survived with these—but I cannot **live** with these. Take them.”

### **Reflection Questions**

1. What survival patterns have I clung to the longest?
2. What fear kept those patterns alive in me?
3. How have those patterns protected me—and how have they harmed me?
4. What is God asking me to surrender to Him today?
5. What would trusting God instead of my survival instincts look like?



Change is threatening, even when the old life was killing me. There is a strange comfort in familiar misery. Many addicts will choose the pain they know over the freedom they haven't experienced yet. That's why Step 6 is so crucial: it exposes not just my desire to be free, but my resistance to the process of becoming free.

Scripture says, “**Do not be conformed to this world, but be transformed by the renewing of your mind**” (Romans 12:2). Transformation is not a suggestion; it is part of following Christ. But I often resist that transformation by holding onto old attitudes, habits, and ways of thinking that feel “like me.” I may say, “That’s just how I am,” when God is saying, “No, that’s just how sin taught you to be.”

Resistance shows up in many forms:

- Dragging my feet on assignments.
- Numbing out when God gets too close to a tender area.
- Getting defensive when confronted.
- Blaming others when changes are suggested.
- Saying, “I’m trying,” but making no real effort.

If I’m honest, it’s not that I can’t change; it’s that part of me **doesn’t want to**—not yet. Step 4 helped me see patterns that must change. Step 5 helped me confess them. Step 6 is where I admit, “God, there are still parts of me that fight You. I see where I resist You, and I don’t want to resist You anymore.”

God doesn’t bulldoze my resistance; He reveals it. Then He invites me to lay it down. He doesn’t change me against my will; He transforms me as I submit my will. The areas where I resist Him the most are often the areas where He wants to set me the most free.

### Reflection Questions

1. What changes do I know I need but still resist?
2. What fear lies behind that resistance?
3. What behaviors do I use to avoid change?

4. How is God trying to reshape my thinking in this season?
  5. What area of my life am I finally ready to let God change?
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## DAY 79 — LETTING GO OF OLD IDENTITIES

Addiction is not just something I did; it became how I saw myself. After enough drunken nights, broken promises, jail stays, and failures, my identity shrunk down to labels: “addict,” “drunk,” “junkie,” “failure,” “felon,” “bad father,” “bad husband,” “problem child,” “the one who always messes up.” These labels soak into the soul until they feel like truth.

But God tells a different story. **“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new” (2 Corinthians 5:17).** New creation is not a religious slogan; it is a new identity. Step 6 calls me to be entirely ready to let go of the old names, the old story, and the old identity that addiction and sin wrote over my life.

Old identities can be strangely comfortable. They give me an excuse: “This is just what addicts do.” They make relapse easier: “Of course I got high, that’s who I am.” They make responsibility harder: “I’m broken; what did you expect?” As long as I cling to those identities, I will sabotage my own recovery.

God is not asking me to pretend I never sinned. He’s asking me to stop letting my sin define who I am. In Christ, I become forgiven, redeemed, beloved, adopted, cleansed, and called. I go from “hopeless case” to “work in progress.” I go from “lost cause” to “son being restored.” Letting go of old identities is part of being entirely ready, because I cannot live like a new man while calling myself by the names of my old life.

Step 4 helped me see where those identities came from—rejection, shame, failure. Step 5 allowed me to confess the sins tied to them. Step 6 is where I lay my old names at the cross and receive the name God gives me.

### Reflection Questions

1. What false identities have shaped my life?
2. Where did each of those identities come from?

3. How have they influenced my decisions or self-image?
  4. What identity does God declare over me in Christ?
  5. What identity am I ready to release today?
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## DAY 80 — RELEASING ROLES I PLAYED TO PROTECT MYSELF

Long before addiction fully took over, many of us learned to play roles to survive. Some became the **class clown**, always joking so no one saw the hurt. Some became the **tough guy**, always angry so no one dared get close. Some became the **peacemaker**, pleasing everyone to avoid conflict. Some became the **ghost**, staying invisible so they wouldn't be a problem. Later, addiction wrapped itself around those roles and used them to keep us stuck.

Roles feel safer than reality. If I'm always "the funny one," I don't have to show sorrow. If I'm always "the strong one," I don't have to admit fear. If I'm "the helper," I don't have to deal with my own needs. If I'm "the loner," I don't have to risk rejection. But roles are costumes, not identities. They were designed for survival, not for healing.

Scripture says, "**You were taught, with regard to your former way of life, to put off your old self**" (**Ephesians 4:22, NIV**). That "old self" includes the roles I lived in to protect my heart. Step 6 is where I become entirely ready to say, "Lord, I don't want to live as a character anymore. I want to live as the man You created me to be."

Releasing roles in recovery looks like:

- Letting myself be serious when I've always used humor to hide.
- Letting myself be weak when I've always tried to be the strongest.
- Letting myself receive help when I've always been the helper.
- Letting myself be seen when I've always tried to disappear.

It's risky. It feels exposed. But it is also where deep healing begins. God cannot heal who I pretend to be; He can only heal who I really am. The roles helped me get through trauma and chaos, but they will not carry me into spiritual maturity or lasting sobriety.

Step 4 helped me identify these roles in my story. Step 5 allowed me to confess the sin tied up in them—pride, hiding, dishonesty. Step 6 is where I say, “Lord, I’m done acting. I want truth. Remove the masks. Form Christ in me.”

### Reflection Questions

1. What roles did I play growing up to survive emotionally?
  2. How have these roles shaped my adult relationships?
  3. What role do I still hide behind today?
  4. What would it look like to step out of that role?
  5. How is God calling me into a new way of living?
- 

## DAY 81 — FACING THE FEAR OF WHO I WILL BE WITHOUT MY DEFECTS

For many men in addiction, defects don’t just feel like bad habits—they feel like **who we are**. Anger feels like strength. Cussing and exploding feel like respect. Isolation feels like safety. Numbing with alcohol or drugs feels like control. People-pleasing feels like love. Toughness feels like security. Manipulation feels like power. Addiction itself feels like comfort and identity: “I’m the party guy,” “I’m the tough drunk,” “I’m the one who can handle anything,” “I’m the one who always has something on me.” These defects become so woven into our personality that the idea of living without them feels terrifying.

Underneath that fear are questions we rarely say out loud:

“Who will I be if I don’t use?”

“Who will I be if I don’t get high to cope?”

“Who will I be if I can’t explode on people?”

“Who will I be if I don’t flirt, manipulate, lie, or hustle?”

“Who am I without the streets, the bar, the high, the image?”

The enemy uses those questions to keep us stuck in Step 4 and Step 5 without ever truly stepping into Step 6. God has been showing you your defects through moral inventory. You’ve started confessing them—your selfishness, your dishonesty, your lust, your rage, your pride, your manipulation, your victim mindset, your addiction cycles. Now Step 6 says: **“Become entirely ready to have God remove all these defects of character.”**

And this is where fear rises. Without anger, I feel vulnerable. Without alcohol, I feel exposed. Without pills, I feel raw. Without lust, I feel empty. Without control, I feel unsafe. But here's the truth: those defects **never actually protected you**—they only numbed you, isolated you, and pushed you deeper into bondage. They didn't protect your heart; they hardened it. They didn't comfort your pain; they postponed it and added more.

Scripture says, “**There is no fear in love; but perfect love casts out fear**” (1 John 4:18). God is not stripping you to leave you empty; He is removing counterfeits so He can fill you with the real thing—**His character, His Spirit, His peace, His identity**. Your defects have hidden your wounds, but they've also hidden your calling. There is a man inside you who is stronger than rage, more stable than addiction, more courageous than bravado, and more loving than people-pleasing. That man is being formed **in Christ**.

Facing the fear of who you will be without your defects means trusting that the version of you designed by God is **better, freer, and more powerful** than the version of you designed by pain, streets, and addiction. Step 4 showed you what must go. Step 5 helped you confess it. Step 6 is where you let God pry your fingers off the thing you thought you needed in order to survive—and watch Him replace it with something holy.

You are not losing yourself; you are actually **finding yourself in Christ**.

“For you died, and your life is hidden with Christ in God” (Colossians 3:3).

### Reflection Questions

1. What defect feels the hardest to imagine living without?
2. What fear rises when I picture letting it go?
3. How did this defect protect me emotionally?
4. What truth does God speak over my identity?
5. What would life look like if I trusted God with this fear?

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## DAY 82 — UNDERSTANDING THAT READINESS IS A DAILY CHOICE

Readiness is not a one-time emotional moment at an altar or in a classroom—it is a **daily choice**. Many men feel “ready” on a good day in class, then completely forget that

readiness when temptation, stress, memories, or conflict hit. Step 6 is written in the past tense—“we were entirely ready”—but in real life, that readiness has to be renewed **every morning**.

Jesus said, **“If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me” (Luke 9:23)**. Daily means today, not someday when life calms down. Taking up your cross daily means repeatedly saying “no” to your old ways and “yes” to the Spirit’s work inside you. It means that when your flesh wants to isolate, you choose connection. When your cravings scream for relief, you choose surrender. When your pride wants to argue, you choose humility. When shame whispers “run,” you choose truth instead.

Old habits don’t disappear just because you made a good decision last week. The old man, shaped by years of drinking, using, lying, hiding, and self-will, will keep showing up. Readiness means that every day you consciously side with the work God is doing in you instead of the pull of your old life. Some days, readiness will feel strong—you’ll sense faith, clarity, and determination. Other days, you may feel nothing but fatigue, confusion, or pressure. On those days, readiness is not a feeling—it is a **decision of the will**: “Lord, I still choose to be ready for You to change me today.”

Daily readiness sounds like:

- “God, I’m willing for You to touch my anger today.”
- “I’m willing for You to challenge my excuses today.”
- “I’m willing for You to deal with my dishonesty today.”
- “I’m willing for You to surface hidden motives today.”

Every 24 hours becomes a new Step 6. Step 4 showed you your patterns; Step 5 brought them into the light; Step 6 says, “Lord, today again, I am willing for You to remove anything that fuels my addiction or blocks Your Spirit.”

Over time, daily readiness builds a new reflex. Instead of defending yourself, you surrender. Instead of numbing, you examine. Instead of running, you lean into God. This is how transformation becomes a lifestyle instead of a moment.

## Reflection Questions

1. What does daily readiness look like for me?
  2. Why is it difficult to stay consistent?
  3. What helps me maintain a surrendered heart?
  4. What area do I stop being “ready” when pressure hits?
  5. How can I practice readiness again today?
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## **DAY 83 — WHY I CAN'T KEEP MY OLD BEHAVIORS AND EXPECT A NEW LIFE**

In addiction, we often want God to do a **miracle on the outside** while we keep our old behavior on the inside. We want new peace while keeping old anger. We want restored relationships while keeping old manipulation, dishonesty, and secrecy. We want respect while keeping laziness, blame, and irresponsibility. We want a new reputation while keeping the old patterns that destroyed the last one.

But Jesus said, **“No one puts new wine into old wineskins... the wine is spilled and the wineskins are ruined. But new wine must be put into new wineskins” (Mark 2:22)**. The “new wine” of a transformed life cannot be poured into the “old wineskin” of addictive behavior. If you keep the old lies, the old hustle, the old shortcuts, you will keep getting the old results: broken trust, broken families, broken bodies, and broken fellowship with God.

Old behaviors in an addict’s life often include:

- Lying to get out of trouble.
- Half-truths to protect image.
- Secret phone calls and hidden contacts.
- Flirting with triggers and old environments.
- Numbing emotions instead of facing them.
- Blaming others when corrected.

- Justifying “small” compromises.

Step 4 helped you list those behaviors and see the destruction they brought. Step 5 helped you confess them to God and another person. Step 6 now asks: **Do you truly want God to remove these behaviors, or are you hoping to keep a few of them “just in case”?**

You cannot build a new life on the same foundations that destroyed your old one. The Holy Spirit is not just trying to get you sober—He is forming the character of Christ in you. That means honesty where there was deception, responsibility where there was avoidance, purity where there was lust, generosity where there was selfishness, self-control where there was out-of-control using.

God is not asking you to “try harder in the old life”; He is asking you to **walk in a new way of living**. New life requires new behavior. If nothing changes in your daily actions, nothing will change in your long-term outcome.

### Reflection Questions

1. What old behaviors am I still holding onto?
  2. How have these behaviors shaped my old life?
  3. What do I fear losing if I let them go?
  4. What new life is Christ offering in their place?
  5. What behavior must change today?
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## DAY 84 — IDENTIFYING REMAINING AREAS OF PRIDE

Pride is one of the most dangerous “hidden drugs” in recovery. You don’t smoke it, drink it, or snort it—but it can take you out faster than a relapse. Pride is not always loud arrogance; often it’s quiet resistance. It shows up as **defensiveness** when staff or brothers correct you, **stubbornness** when asked to change, **silent judgment** of others, an inner attitude of “I know more than they do,” or the refusal to ask for help.



Scripture warns, “**God resists the proud, but gives grace to the humble**” (James 4:6). Grace is God’s power to change you. If God resists the proud, it means pride literally pushes away the very power you need for transformation. In addiction, pride keeps us from admitting we are powerless (Step 1), from believing we need a Savior (Step 2), from truly surrendering our will (Step 3), from being honest in inventory (Step 4), and from confessing fully (Step 5). Now in Step 6, if pride remains unchallenged, it will block God from removing your defects of character.

Pride in a recovering addict can sound like:

- “I already know this.”
- “I don’t need all this God stuff; I just need to stop using.”
- “They don’t understand me.”
- “I’ll do the program my way.”
- “I don’t need accountability; I’m good.”

The truth is, if you were “good,” you wouldn’t have needed a recovery program. Pride forgets how desperate things really were out there. Pride forgets the jail cell, the hospital, the overdose, the broken family, and the broken promises. Pride makes you spiritually blind. Humility opens your eyes again.

Step 4 revealed behavior; Step 5 brought confession; Step 6 asks you to let God uproot not just the fruit (your actions) but the root (your pride). Jesus modeled humility—not weakness, but **strength under the Father’s control**. He laid down His rights. He listened. He obeyed. He submitted. Following Him means doing the same.

### Reflection Questions

1. Where do I still resist correction or feedback?
2. When do I defend myself instead of listening?
3. What fear hides under my pride?
4. How is God inviting me into humility today?

5. What is one act of humility I can practice right now?

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## DAY 85 — IDENTIFYING REMAINING AREAS OF FEAR

Fear is often the last stronghold to fall. Even after we stop drinking or using, fear can still drive our decisions. Fear of failure. Fear of success. Fear of rejection. Fear of being truly known. Fear of responsibility. Fear of relapse. Fear of being hurt again. When fear rules the heart, addiction is always nearby, because substances become a quick escape from fear's pressure.

Scripture says, **“For God has not given us a spirit of fear, but of power and of love and of a sound mind” (2 Timothy 1:7)**. Fear is not just an emotion; it can become a **spirit**—a pattern of thinking and reacting that does not come from God. That spirit tells you: “You can’t handle real life without using.” “You’ll fail again.” “People will leave if they see the real you.” “God won’t come through.” The more you believe those lies, the more you feel pulled back toward old behavior.

Step 6 requires you to bring fear into the light, just like you did with your resentments, secrets, and patterns. You ask:

- What am I still afraid of?
- How does that fear show up in my words, my body, my decisions?
- How has fear led me back to the bottle, the pill, the pipe, the street?

In addiction, fear often led you to self-protect: you got high instead of asking for help. You disappeared instead of telling the truth. You lied instead of risking rejection. You turned to chemicals instead of turning to Christ. Now, in recovery, God wants to replace fear with trust. That doesn’t mean you never feel afraid; it means you no longer **obey** fear.

Step 4 helped you see the damage fear caused; Step 5 allowed you to confess where fear led you into sin and addiction; Step 6 invites you to say, “Lord, I am entirely ready for You to deal with this fear and replace it with Your power, love, and sound mind.”

## Reflection Questions

1. What fears still influence my behavior or decisions?
  2. Where did these fears begin?
  3. How do these fears show up in my emotions or relationships?
  4. What truth from God contradicts each fear?
  5. Which fear am I ready to surrender today?
- 

## DAY 86 — WHAT MY LIFE LOOKS LIKE WHEN I WALK IN TRUTH

Addiction is a lifestyle of lies—lies to others, lies to ourselves, lies to God. We lied about how much we used, where we were, who we were with, what we spent, how we felt, and what we believed. Our entire life became a web of half-truths and cover-ups. That is why Jesus said, **“You shall know the truth, and the truth shall make you free” (John 8:32)**. Freedom requires truth, not just sobriety.

Walking in truth means I stop living a double life. I stop saying one thing and doing another. I stop having a “program version” of myself and a secret version. It means my inner life and outer life start matching. **“I have no greater joy than to hear that my children walk in truth” (3 John 1:4)**. Walking in truth is not just telling the truth when caught; it is letting truth guide how I think, speak, choose, work, and relate.

A life in truth looks like this:

- I admit cravings instead of hiding them.
- I confess temptation before it becomes relapse.
- I show up emotionally instead of faking “I’m fine.”
- I tell the full story, not the edited version.
- I honor my commitments instead of making excuses.

Truth brings peace where there was anxiety, because I no longer have to remember my lies. Truth brings stability, because my yes means yes and my no means no. Truth

brings intimacy with God, because I'm no longer running from Him. **"God desires truth in the inward parts" (Psalm 51:6)**. That's exactly what Step 4, 5, and 6 are designed to form in you.

When you walk in truth, you protect your recovery. Lies are the first step back toward the bottle or the needle. Truth is the guardrail that keeps you on the road.

### Reflection Questions

1. What would daily honesty look like in my life?
  2. Where do I still bend the truth or hide it?
  3. How would truth change my relationships?
  4. What does Scripture teach me about walking in truth?
  5. What step can I take to live more truthfully today?
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## DAY 87 — WHAT MY LIFE LOOKS LIKE WHEN I WALK IN HUMILITY

In addiction, we often swung between two extremes: **false pride** ("I've got this, I don't need help") and **self-hatred** ("I'm trash, I don't deserve help"). Biblical humility is neither. Humility is seeing myself accurately in the light of God's truth: I am deeply sinful and deeply loved; completely dependent on God and incredibly valuable in His sight.

Jesus said, **"Learn from Me, for I am gentle and lowly in heart" (Matthew 11:29)**. Walking in humility means I stop trying to be my own savior. I stop pretending I'm in control. I admit I need daily grace, daily strength, and daily guidance. In recovery, humility looks like:

- Listening when staff or brothers point something out.
- Asking questions instead of acting like I know everything.
- Admitting when I'm wrong—quickly.
- Owning my part without defensiveness.

- Being willing to start over if I fall.

Humility keeps your heart soft and your ears open. God pours grace on the humble, and grace is the fuel of recovery. Pride says, “I can handle my triggers alone.” Humility says, “I need God and I need people.” Pride says, “I’m different from the rest of these guys.” Humility says, “I’m exactly like them—broken, in need of Jesus.”

Step 4 took courage to face yourself. Step 5 took humility to confess your sins and secrets. Step 6 requires even deeper humility: letting God decide what needs to change and how fast. Humility is the posture of a man who is truly ready to grow.

### Reflection Questions

1. What does humility look like in my daily decisions?
2. How would humility change the way I respond to conflict?
3. What prideful habits must fall for humility to grow?
4. What does Christ teach me about humility in the Gospels?
5. What humble action can I take today?

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## DAY 88 — WHAT MY LIFE LOOKS LIKE WHEN I WALK IN SURRENDER

Surrender is the heartbeat of recovery. Addiction was a life of self-will: “I’ll do what I want, when I want, how I want.” That self-will nearly destroyed you. Now Jesus calls you into a completely different way of living: **“Submit yourselves therefore to God” (James 4:7)**. Step 3 introduced surrender; Step 6 deepens it.

Walking in surrender means I no longer fight God at every turn. I stop bargaining. I stop saying, “I’ll give You this, but not that.” I stop picking and choosing which commands to obey. Instead, I begin saying, “Lord, Your will be done in my thoughts, my relationships, my sexuality, my finances, my triggers, my cravings, my future. I am Yours.”

In practical recovery terms, surrender looks like:

- Turning to God in temptation instead of white-knuckling it.

- Allowing staff and leaders to speak into areas you'd rather keep private.
- Accepting consequences without arguing.
- Staying on the path when feelings scream "run."
- Obeying what you already know from the Word.

Addiction taught you to surrender to the drug. You gave your time, money, body, relationships, health, and soul to pills, powder, or a bottle. Now Christ is asking for the surrender that truly gives life. Romans 12:1 says, "**Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.**" It is "reasonable" because He already surrendered His life for you on the cross.

Step 4 showed what self-will produced. Step 5 confessed where self-will led. Step 6 is where you decide, "I am done being lord of my own life. I surrender to the Lordship of Christ."

### Reflection Questions

1. What would full surrender look like for me today?
2. What area do I still refuse to release to God?
3. How has self-will harmed my life?
4. How does Scripture define surrender?
5. What step of surrender is God asking from me next?

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## DAY 89 — CREATING NEW PATTERNS THAT HONOR GOD

Recovery is not just about what you **stop** doing; it's about what you **start** doing. Sobriety that only removes the drug, without building new patterns, will always feel empty—and emptiness is dangerous for an addict. Jesus warned that when an unclean spirit leaves a man and finds the house "empty, swept, and put in order," it can return with seven more spirits, and the last state of that man is worse than the first (Matthew 12:43–45). Emptiness must be replaced with **new godly patterns**.

Step 6 prepares you for this by making you entirely ready to let go of the old patterns. Now you must “put on the new man” (Ephesians 4:24). New patterns that honor God include:

- Daily quiet time in the Word and prayer.
- Regular DCI / DMI to examine attitudes and invite correction.
- Consistent church and Christ-centered fellowship.
- Healthy work ethic and responsibility.
- Honest communication instead of lying or shutting down.
- Making amends and living as a man of integrity.
- Serving others instead of using them.

The Holy Spirit empowers these new habits, but you must **cooperate**. You pick up the Bible. You show up for accountability. You attend the meeting. You share honestly. You apologize when wrong. As you do, new neurological, emotional, and spiritual pathways form. The old reflex—“I’m stressed, so I use”—is replaced with, “I’m stressed, so I pray, journal, call a brother, or talk to staff.”

Over time, new patterns become a new lifestyle. Your brain, body, and soul learn new ways to respond to life. Instead of self-destruction, you move toward Christ. Instead of isolation, you move toward connection. Instead of numbness, you move toward healing.

### **Reflection Questions**

1. What new habits is God asking me to develop?
2. What old habits must be replaced immediately?
3. How will new patterns help protect my recovery?
4. What spiritual disciplines do I need to practice consistently?
5. What one new godly pattern can I start today?

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## DAY 90 — PREPARING FOR ONGOING ACCOUNTABILITY BEYOND THIS BLOCK

These 90 days of Examination—Steps 4, 5, and 6—have been intense. You have faced your past, written your Life Portrait, confessed your sins, and become more ready for change than ever before. But this block is **not the finish line**—it is the foundation for how you must walk the rest of your life. The biggest danger after a season of deep work is to believe you can now “coast” without accountability.

Scripture reminds us, “**Two are better than one... For if they fall, one will lift up his companion**” (**Ecclesiastes 4:9–10**). Accountability is not punishment; it is protection. In addition, secrecy was your normal. No one really knew where you were, what you were doing, what you were thinking, or how bad it had gotten. That secrecy nearly killed you. Ongoing accountability is God’s way of making sure you never go back to that isolated, secret life.

Preparing for ongoing accountability means:

- Deciding now that honesty will remain your standard even after the intensity of this block is over.
- Identifying safe, mature believers you will stay open with—staff, mentors, pastors, sponsors, or brothers in Christ.
- Committing to regular check-ins, not just when you’re in crisis.
- Being proactive—sharing temptations, triggers, and struggles early, before they explode.
- Staying involved in Christ-centered recovery, not just disappearing after you “feel better.”

Step 4, 5, and 6 have taught you how to **live in the light**. Now you must decide to keep walking in that light long-term. The enemy will try to pull you back into isolation, self-reliance, and secrecy. God is inviting you into a lifestyle where confession, examination, and surrender are normal—where getting honest is something you do quickly, not as a last resort.

This 90-day block has taught you a new way to live: honest, examined, confessed, surrendered, and ready for change. Ongoing accountability is how you **protect that**



**work.** You are not meant to walk out your sobriety alone. Christ saved you into a **Body**, a **family**, a **community**. Staying connected to that community is not optional if you want long-term freedom.

### Reflection Questions

1. Who will be part of my accountability network after this block?
2. What rhythms of accountability will I commit to long-term?
3. What areas will I need the most accountability in?
4. How will I guard myself against isolation?
5. What does ongoing accountability mean for my spiritual future?

## CONCLUSION OF BLOCK 2 — SELF-EXAMINATION

### Christian Steps 4, 5 & 6

*Moral Inventory • Confession • Readiness for Change*

“He who began a good work in you will carry it on to completion.”

— **Philippians 1:6**

You have just completed one of the most courageous and spiritually significant seasons of your life. These 90 days were not simply a class or a workbook—this block has been **a spiritual turning point**, a moment where God confronted your past, your pain, your patterns, and your sin with truth, grace, and the promise of transformation.

This block was about **truth**, and truth always leads to freedom.

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### WHAT GOD HAS DONE IN YOU DURING THIS BLOCK

1. You faced yourself with honesty.

You looked in the mirror spiritually and refused to look away. You examined your heart, your childhood wounds, your survival instincts, your fears, your defects of character, your secrets, and the truth about your addiction.

This took courage.

Many men spend their entire lives avoiding what you just confronted.

## **2. You opened your heart to the Holy Spirit.**

The 4th Step was not done alone—it was the Holy Spirit who revealed what needed to be seen.

Each day as you wrote, reflected, confessed, and examined, God was:

- uncovering lies
- exposing patterns
- illuminating wounds
- softening your heart
- preparing you for deeper healing

This was sacred work.

## **3. You brought truth into the light.**

In Step 5 you entered the hardest part of recovery: **confessing honestly, clearly, and courageously.**

You took responsibility. You stopped hiding. You laid down image. You walked into truth with humility.

And God met you—just like He promised.

“If we confess our sins, He is faithful and just to forgive us and cleanse us.”

— **1 John 1:9**

Many years of secrecy began to break in this step.

#### **4. You became willing for God to change your character.**

Step 6 was not about perfection—it was about **readiness**.

You became willing for God to remove:

- anger
- lust
- pride
- manipulation
- denial
- dishonesty
- bitterness
- victim mentality
- fear
- self-pity
- avoidance
- stubbornness
- the identity addiction gave you

You declared with your life:

“Lord, I am ready for You to change me.”

This is not small. This is supernatural surrender.

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#### **WHAT YOU ARE LEAVING BEHIND**

As you end this block, understand this clearly:

Something **died** in this block.

Some part of your old life—your old identity, your old denial, your old excuses, your old secrets—was laid down at the feet of Jesus.

You are leaving behind:

- your addictive reasoning
- your childhood survival strategies
- your fear-based reactions
- your shame-based identity
- your secret patterns
- your old self

And you are stepping into truth.

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## **WHAT YOU ARE CARRYING FORWARD**

### **1. A new level of honesty**

Honesty is now part of your identity. You can no longer live comfortably in lies—God has done too much in you.

### **2. A cleansed conscience**

Where shame once ruled, grace now speaks. Where secrecy once strangled you, light now surrounds you. Where confusion once lived, clarity now stands.

### **3. A heart prepared for amends**

You cannot make amends without understanding:

- the truth about your actions
- the harm you caused
- the patterns behind it
- the wounds underneath
- the responsibility you carry

Now you understand those things.

Your heart is being formed for restoration.

#### **4. A new spiritual posture — humility**

Humility is now growing in you. You can feel it. You can sense the shift.

Humility says:

“I am responsible for my choices.”

“I am ready to be taught.”

“I want God’s will more than my own.”

“I am willing to grow even when it hurts.”

This posture is the foundation for the next block.

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### **YOU ARE NOW PREPARED FOR THE NEXT PHASE**

The next block will lead you into:

- **Making Amends (Step 8 & Step 9)**

You will learn how to take responsibility in relationships— not with guilt, not with shame, but with integrity and Christ-centered maturity.

- **Relational Restoration**

Understanding boundaries, repairing trust, owning your behavior, and learning how to love people the way Christ teaches.

### • **Walking Out Your New Identity**

This next block is where the man you are becoming begins to show up in your relationships, decisions, communication, and daily life.

But you cannot make true amends until you deal deeply with yourself. That is exactly what God just did in you.

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## **WHAT GOD SAYS OVER YOU AS YOU END THIS BLOCK**

“Old things have passed away; behold, all things have become new.”

— **2 Corinthians 5:17**

Your past does not define you. Your addiction does not define you. Your sin does not define you. Your wounds do not define you. Christ defines you now.

He calls you:

- Forgiven
- Accepted
- Redeemed
- Chosen
- Renewed
- Courageous
- His

Everything God exposed in this block was not to shame you but to **heal you**.

Everything He brought to the surface was not to punish you but to **free you**.

Everything you wrote, confessed, surrendered, and revealed is now covered by the blood of Jesus.

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## **A WORD OF CHARGE AS YOU STEP FORWARD**

The enemy would love to use your past to intimidate you—but he can't anymore.

Because:

- You faced it.
- You confessed it.
- You surrendered it.
- You allowed God to touch it.

This block proves one thing: **you are no longer living in darkness—you are walking in the light.** Now step into the next block with courage, humility, and expectation. God has begun a deep work in you. And He will finish it.

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