

Quest 180°

Christ Centered Recovery

February 1-8

Lesson #19 Crossroads

Principle 7 (Step 10)

February 15-22

Lesson #20 Daily Inventory

Principle 7 (Step 10)

February '07

find hope • get connected • discover grace

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

Step 10: We continued to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! (1Corinthians 10:12)

Biblical Teaching of the Week:

Looking in the Mirror

How many times do we look in the mirror each day? Suppose we looked in the mirror and found that we had mustard smeared around our mouth. Wouldn't we immediately wash our face and clean up the problem? In the same way, we need to routinely look at ourselves in our "spiritual mirror," the Bible. Then if anything is wrong, we can take the proper steps to fix it.

James uses a similar illustration to show how God's Word should be like a spiritual mirror in our life. He said: *"And remember, it is a message to obey, not just to listen to. If you don't obey, you are only fooling yourself. For if you just listen and don't obey, it is like looking at your face in a mirror but doing nothing to improve your appearance. You see yourself, walk away, and forget what you look like. But if you keep looking steadily into God's perfect law—the law that sets you free—and if you do what it says and don't forget what you heard, then God will bless you for doing it."* (James 1:22-25)

This illustration supports the sensibleness of making a routine personal inventory. As we examine our life, we need to respond with immediate action if something has changed since we last looked. If we put off taking care of a problem, it may soon slip our mind. Just as we would think it foolish to go all day knowing there is mustard on our face, it is not logical to notice a problem that could lead to a fall and not correct it promptly.

Taken from - The Life Recovery Bible

Lesson # 19: Crossroads

Excerpt from Current Celebrate Recovery Lesson:

You have arrived at a very important junction. You have traveled a long road, which required facing your denial; surrendering your life to Jesus Christ; taking an honest look at your life; listing, confessing, and sharing all your wrongdoing; being humble enough to allow God to make major changes in you; becoming willing to forgive or make amends; offering your forgiveness to those that have hurt you; making amends for all the harm that you have caused to others...THAT'S QUITE A JOURNEY! We could not have made the journey on our own power, but we made a decision way back in Principle 3 to turn our lives and wills over to the care of God. Because of this life-changing decision, Jesus came in at your invitation and rebuilt the foundation of your life! Principle 7 and Step 10 are crossroads of your recovery, and we need to thank God for getting us this far in our recovery, to praise Him for the many victories over our hurts, hang-ups, and habits, but we also need to continue working the last three steps so we don't fall.

It is in Steps 10-12 and Principles 7 and 8 that your recovery, your new way of living, really takes off, really bears the fruit of all the changes that God and you have been working on together. It is in Principles 7 and 8 where we will live out our recoveries for the remainder of our time here on this earth—ONE DAY AT A TIME!

Step 10 is made up of three key parts to make the acrostic TEN:

The WHAT—"We continued to take personal inventory...."

T

Take time to do a daily inventory

The WHY—"...and when we were wrong..."

E

Evaluate the good and the bad

The THEN WHAT—"...promptly admitted it."

N

Need to admit our wrongs promptly

“ As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives. (*Henry David Thoreau*)

We cannot build until we have laid foundation stones. We add to our foundations every time we meet our difficulties well, however insignificant they may be. (*Charles B. Newcomb*)

I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business. (*Michael J. Fox*) ”

February 1

Focus Questions:

Lesson #19 Crossroads

- 1 One way to keep track of your good and bad behavior is to keep a journal. Have you been successful in journaling? If so, share with your group members how that has helped you.
- 2 Do you notice negative patterns reoccurring in your life? What keeps you from “looking” at those destructive patterns and addressing them?
- 3 Do you have someone with whom you can discuss and begin to work through those “negative patterns” that reoccur in your life?
- 4 Do you trust the promise from God: I will never leave you nor forsake you? If so, do you believe God to be present and with you as you work through these negative patterns?

Memory Verse: *“Whoever lives by the truth comes into the light.”* John 3:21

February 8

- 5 In step 10 we ask ourselves many questions: What good did I do today? Share with the group (don't go into a brag-athon!)
- 6 How about the next question: Did I do or say anything that hurt anyone today?
- 7 The first question was so easy to talk about, but when we discuss how we hurt others—we often become defensive. Did you find yourself doing that?
- 8 How balanced are your daily inventories? Keeping daily inventories balanced will keep us pressing forward and help prevent us from carrying around unhealthy, sinful behaviors.

Memory Verse: *“You will know the truth and the truth will set you free.”* John 8:32

The Five G's

A Healthy Church & Worshipful Life

Grace

Receiving, living in, and sharing God's grace.

Growth

Growing in wisdom, character and obedience.

Group

Experiencing biblically-functioning community.

Gifts

In order to serve God and others, we discover and use our SHAPE: spiritual gifts, heart, abilities, personality and experiences.

Good Stewardship

Using money and resources in a God-honoring way.

G-Training Seminars at Eagle Brook Church are designed to foster your spiritual growth in areas that will help you become more informed, better equipped, and fully supported in your Christian walk. More than 20 seminars are available for registration at www.eaglebrookchurch.com. Pick up a full brochure in the lobby. Here's a sampling:

Partners in the Mission

White Bear: Tuesday, February 13th, 6-9 pm

White Bear: Tuesday, March 27th, 6-9 pm

An important seminar for those who want to find out more about EBC or for those wanting to become members, Partners in the Mission covers everything you need to know about the mission, vision, values, beliefs and strategies that you'd be supporting as a member of Eagle Brook. It also covers spiritual growth and transformation as you make steps to become an authentic follower of Christ and reach others for him. Cost is \$5.00 and covers food, snacks and materials. *Scholarships are available.*

Everybody's Normal 'Till You Get To Know Them

Lino Lakes: Sunday, Feb. 11th, 10:05-10:55 am

Normal? Who's normal? Discover God's heart about community and gain wisdom and tools for drawing closer to others in powerful and impactful ways. Also, find out how you can experience community here at Eagle Brook. *Free*

Teach Me to Pray

Lino Lakes: Saturday, Feb. 10th, 4-5:45 pm

Prayer has power and changes lives! Do you desire to learn more about prayer and become encouraged in the time you spend in prayer? Come find out why you should pray, how to communicate with God, and how to develop your relationship with him through prayer. *Free*

Blended Family Insights

Lino Lakes: Sunday, Feb. 11, 10:05-10:55 am

Lino Lakes: Sunday, Mar. 11, 10:05-10:55 am

Blending a family is never as easy as we thought it would be. This class is for couples that have remarried and have children to raise together. Join us to discuss different topics each month such as discipline, household rules, chores and how to keep your marriage strong in the middle of chaos. Led by Jim and Cindy Thienes, who have a blended family with six children. *Free*

Boundaries and Blind Spots: 3 Part Series

Lino: Feb. 18, Mar. 25, Apr. 22, 10:05-10:55 am

We all have them—those subtle issues in our lives that we turn a blind eye to, overcompensate for, or put up walls so we don't have to deal with them. Over time, they are the very stumbling blocks that can keep us from experiencing true freedom in Christ and in our relationships with others. In this monthly 3-part series, we'll discuss three catalysts for change—Grace, Truth, and Time. Based on Dr. Henry Cloud's book *Changes That Heal*, this course will help you identify your blind spots, develop good boundaries, repair hurts and misunderstandings, and create healthy bonds with people and God. *Free*

Eagle Brook Service Times

Lino Lakes:

7775 20th Ave. N, Lino Lakes 55038

Saturday 4 & 6 pm

Sunday 9 & 11 am

White Bear Lake:

2401 E Buffalo St, White Bear Lake 55110

Saturday 6 & 7:30 pm, The Edge

Sunday 9:30 am, The Brook

Sunday 11:00 am

Debt Reduction Workshop

Lino Lakes: Tuesday, Feb. 6th, 6:30-9:00 pm

Lino Lakes: Tuesday, Feb. 13th, 6:30-9:00 pm

Credit card debt got you down? If you are ready to take steps that will help you reduce the financial stress in your life, then don't miss this two and a half hour workshop, Learn Biblical stewardship principles and develop a debt-reduction plan that really works in a fast-paced, motivating and interactive workshop. Cost: \$5 suggested donation for materials

more about **inventory...** **inventory...**

Ongoing Inventory – The best time to admit we are wrong is the EXACT TIME we are made aware of it. Why wait? By doing an ongoing inventory during the day, our amends list will be very short!

Daily Inventory – Spend 15 minutes each night journaling the day's events, asking God to show you the wrongs you have committed. Then, as promptly as you can the next morning, admit them and make your amends.

Ask yourself these questions:

What good did I do today?

In what areas did I blow it today?

Did I do or say anything that hurt anyone today?

Do I owe anyone amends?

What did I learn from my actions today?

Periodic Inventory – About every three months, take a “mini retreat” with your daily journal. Pray as you read through the last 90 days of your journal entries and ask God to show you areas in your life that you can improve on in the next 90 days. IMPORTANT: Celebrate the victories you have made!

Remember to evaluate the good and the bad

Step 10 doesn't say, “IF we're wrong,” it says, “WHEN we're wrong.” Would you rather be RIGHT or WELL? In John 3:21, Jesus tells us, “Whoever lives by the truth comes into the light.” Step 10 brings us, on a daily basis, into the light. Once we see the light, we have a choice: ignore it or act on it.

Admit your wrongs promptly

One way to keep track of your good and bad behavior is to keep a journal. Look for negative patterns, issues that you are continually writing down and having to promptly make amends for again and again. Share them with your sponsor and set up an action plan for you, with God's help, to overcome them. Start by writing down just one thing that you are thankful for from your experiences of the day; this will get you started on a very important recovery tool.

IMPORTANT: **Celebrate the victories you have made!**

more about **perseverance...** **perseverance...**

Recovery is a lifelong process. There will be times when we grow weary and want to throw in the towel. We will experience pain, fear, and a host of other emotions. We will win some battles but lose others in the war to achieve wholeness. We may get discouraged at times when we can't see any progress, even though we have been working hard. But if we persevere through it all, we can maintain the ground we have gained.

The apostle Paul used three illustrations to teach about perseverance. He wrote to Timothy: “Endure suffering along with me, as a good soldier of Christ Jesus. And as Christ's soldier, do not let yourself become tied up in the affairs of this life, for then you cannot satisfy the one who has enlisted you in his army. Follow the Lord's rules for doing his work, just as an athlete either follows the rules or

is disqualified and wins no prize. Hardworking farmers are the first to enjoy the fruit of their labor. Think about what I am saying. The Lord will give you understanding in all these things” (2 Timothy 2:3-7).

Like a soldier, we are in a war that we can win only if we fight to the end. Like an athlete, we must train for a new way of life and follow the steps of recovery to the finish line. Like a farmer, we must do our work in every season and then wait patiently until we see growth. If we stop working our program before reaching the goal, we may lose everything we have fought, trained, and worked hard for.

Taken from - The Life Recovery Bible

Principle 7: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.

*“Watch and pray so that you do not fall into temptation. The spirit is willing, but the body is weak.”
(Mark 14:38)*

Step 10: We continued to take personal inventory and when we were wrong, promptly admitted it.

“Let no foul or polluting language, nor evil word, nor unwholesome or worthless talk (ever) come out of your mouth, but only such (speech) as is good and beneficial to the spiritual progress of others.” (Ephesians 4:29)

Biblical Teaching of the Week:

Spiritual Exercises

It is amazing what human beings can achieve through consistent disciplined effort. How many times have we watched seasoned gymnasts or other athletes and marveled at the ease with which they performed? We realize that they developed those abilities through rigorous training, which is what sets the true athletes apart from the spectators. Continuing our regular personal inventory requires similar self-discipline.

Paul wrote in Timothy: *“Spend your time and energy in training yourself for spiritual fitness. Physical exercise has some value, but spiritual exercise is much more important”* (1 Timothy 4:7-8). The word translated “exercise” referred specifically to the disciplined training done by gymnasts in Paul’s day.

Spiritual strength and agility come only through practice. We need to develop our spiritual muscles through consistent effort and daily discipline. Continuing to take our personal inventory is one of the disciplines we need to develop. Like the athlete, we can motivate ourselves to continue in disciplined routines by looking forward to our reward. This kind of discipline *“promises a reward in both this life and the next”* (1 Timothy 4:8). Results won’t happen overnight. But as we continue practicing these disciplines each day, we will eventually reap the benefits.

Taken from - The Life Recovery Bible

Lesson # 20: Daily Inventory

It is important to recap our day in written form: the good, the bad, the successes, and the times we blew it. When you write down areas in which you owe amends, it will help you see if patterns are developing so you can identify them and work on them with the help of Jesus Christ and your sponsor. Then you can make a plan to PROMPTLY offer your amends and cross it off in your journal. This keeps the list of amends very short!

Start by writing just one thing that you are thankful for that day. Ask your sponsor to hold you accountable for doing this each night. And memorize Galatians 5:22-23: *“The fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.”*

To prompt your writing, ask yourself these questions, starting each one with “today”:

How did I show **love** to others? Did I act in an unloving way toward anyone?

Did others see in me the **joy** of having a personal relationship with the Lord? If not, why not?

How was my serenity my **peace**? Did anything happen that caused me to lose it? What was my part in it?

Was I **patient**? What caused me to lose my patience? Do I owe anyone amends?

Would anyone say that I was **kind or good**? In what ways did I act unkind?

How was my **faithfulness**? Did I keep my word with everyone?

How were my **gentleness & self-control**? Did I lose my temper, or speak a harsh or unkind word to someone?

Through this daily inventory, we begin the journey of applying what we have learned in the first nine steps, living in reality, not denial; we start to take positive action, rather than reaction. We are becoming the way God wants us to be.

“ We often take for granted the very things that most deserve our gratitude. (Ozick)

Good temper, like a sunny day, sheds a brightness over everything; it is the sweetener of toil and the soother of disquietude. (Washington Irving)

Little deeds of kindness, little words of love, help to make earth happy, like the Heaven above. (Julia A. F. Carney)

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February 15

Focus Questions:

Lesson #20 Daily Inventory

- 1 What are the three types of inventories in your recovery? How does each inventory help you to be careful that you don't fall? Discuss: • Ongoing • Daily • Periodic (monthly, quarterly or annually)
- 2 As a spouse, parent or loved one of someone in recovery how do you keep from doing your loved one's inventory?
- 3 Ephesians 4:29 says – “*don't use bad language. Say only what is good and helpful to those you're are talking to, and what will give them a blessing.*” How do you control your sharp tongue while “in the heat of the battle”?
- 4 Talk about your daily action plan for Step 10.....

Memory Verse:

“*Anxious hearts are very heavy but a word of encouragement does wonders.*” Proverbs 12:25

February 22

- 5 What sorts of events or issues in your life do you find yourself constantly making amends for?
- 6 How difficult is it for you to make amends for your actions with the following groups:
 - Talk about making amends with your family
 - How do you deal with apologies or seeking forgiveness involving your friends?
 - In the work place – what sorts of complications are involved with making amends?
- 7 Proverbs 21:2 —“*We can justify our every deed but God looks at our motives*”...talk about what that means to you...
- 8 Do you take time for a periodic “mini retreat”? This is a time to review your daily journal, and pray for God to reveal areas in your life that can improve over the next 90 days. Also, be certain to celebrate your successes over the past 90 days.

Memory Verse:

“*A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is.*” Proverbs 16:21

Prayer for Serenity

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time, enjoying one moment at a time;
accepting hardship as a pathway to peace; taking, as
Jesus did, this sinful world as it is,
not as I would have it.

Trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever in the next.

AMEN

Quest 180° Needs You!

There are immediate opportunities for you to serve! We need your support NOW to keep these programs going!!

• Questcare

We need volunteers to provide care for infants through first grade. Even if you do not have children in Questcare, we could use your help!

• Step Study Leaders

Are you ready to step up to leading a small group?

• Prison Ministry

We need more men to help out with this growing ministry!

Please contact Dave R. at Upsguy79@aol.com, or catch him at Quest 180°!

Life Stories

Quest 180 is looking for people who are willing to jump in and give their life stories. This is a great way to reach out and carry the message and do some really beneficial 12-step work. If you feel called to serve in this capacity, please email Dave at dkjonaas@comcast.net.

Ooops!

We were incorrect in stating in the January Lesson Handout that Reinhold Nieuhr was Author of *The Big Book/Alcoholics Anonymous*.

always remember to

Examine: Respond,
& Take Action!

Check out other Christ Centered Recovery Groups...

on Sundays

Constance Free Church at 5:00 p.m.
16150 Crosstown Blvd. NW, Andover, MN 55304
Larry Weight: (763) 434-5995
smedleyldw@aol.com

Christ Center Assembly of God at 9:00 a.m.
810 Northview Drive, Hudson, WI 54016
Rev. Tom Hennes: (715) 220-5319
t.hennes@sbcglobal.net

on Mondays

Oak Haven Church at 7:00 p.m.
1555 NE Constance Blvd., Ham Lake, MN 55304
Susan Freeburg: (612) 280-9760
susan_4723@yahoo.com

on Tuesdays

Sonlight Church of the Nazarene, at 6:30 pm
3860 Flowerfield Road, Blaine, 55014
Bruce Hill: (763) 784-1607
bhhjcgf@msn.com

Crystal Evangelical Free Church at 6:30 p.m.
4741 Zealand Avenue N., New Hope, MN 55428
Donna Hoshor: (763) 971-5118
dhoshor@cefc.com

East Immanuel Church at 6:30 pm
1473 E. Payne Avenue, St. Paul, MN 55101
Thomas Zachary: (612) 600-0909
bluejay1953@yahoo

Brooklyn Park Evangelical Free Church at 6:30 p.m.
7849 West Broadway, Brooklyn Park, MN 55445
Rick Ensrud: (763) 3941-6140
plaubershelmer@bpfcf.org

The River Community Church at 7:00 p.m.
510 Central Avenue, Fairbault, MN 55021
Angela Ubl: (507) 333-9751
angelaubl@charter.net

River Valley Church at 7:00 pm
14898 Energy Way, Apple Valley, MN 55124
Chris Manthey: (952) 210-3876
crrvc@hotmail.com

North Haven Church at 6:00 p.m.
2240 15th Avenue East, North St. Paul, MN 55109

Church of the Open Door at 6:45 p.m.
9060 Zanzibar Lane North Maple Grove, 55311
Julia: (763) 416-5887

on Fridays

Word of Life Church at 6:30 p.m.
10730 University Ave N.W. Coon Rapids, 55448
763-757-2478

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