

How do I listen to a 5th step?

As a participant shares their 5th step, a sponsor may interject as they discern necessary, ideally in the form of a probing question(s) in the cases where a participant has not thoroughly recognized character defects; their part, placing blame on others, or taking too much responsibility. A good indication of this is what they have written, or have not written in the last column of their 4th Step inventory worksheet. For me, there has only been one occasion when after listening to a 5th step I needed to send the participant back to Step 1! She clearly had not yet broken the effects of her denial.

Here are tips to help you prepare for a 5th Step:

1. Review the 4th Step training material in the 2nd Step Study Participant Guide. The more you understand the 4th Step Inventory Worksheet the better you will be at guiding a participant through the 5th step!
2. As the listener, please ensure you have these items for your meeting: CR Participant's Guide #2, Celebrate Recovery Bible, and a yellow highlighter.

A Basic 5th Step Format:

1. Start with prayer.

Listener: open your time.

Giver: pray prayer on the back of this sheet and elaborate as needed.

2. Read from the Celebrate Recovery Bible, page 1554 and 718.

Giver: read these passages out loud.

3. Set the tone for your meeting by communicating expectations of both you the listener and the giver.

Giver: keep your sharing focused on the inventory sheet, elaborating when needed.

Listener: No unnecessary interruptions. Turn off ringers/cell phones!

Listener/Giver: ask questions for clarity as needed

Listener: offer suggestions for the giver to consider on a particular entry. (use discernment)

Giver: highlight along the way character defects, names, amends, & forgiveness. This information will be utilized in step 6, 7, 8 and 9!

4. Read Principle 4 verses found on pages 25 & 26 in participant's guide 2 to keep the inventory balanced.

Listener/Giver: read out loud before sharing.

5. Begin sharing time.

Giver: begin to read across columns.

6. Ask one last question; "What is the one thing not written on your inventory that you do not want anyone to know?"

Watch the eyes of the giver open wide! "How did she or he know"! There is always one more thing. It is that one thing that truly sets a person free!

7. End in prayer.

Listener: provide an opportunity for the giver to express themselves in prayer to God in terms of what they are feeling from the experience.

Tip: prepare for steps 6 and 7. Using a highlighter, instruct the person sharing to go back through their inventory sheet and mark names, feelings, emotions, and character defects. These are the items the giver will then humbly ask God to remove when they get to Step 7.

Prayer:

God, I ask that You fill me with Your peace and strength during my sharing of my inventory. I know that You have forgiven me for my past wrongs, my sins. Thank You for sending Your Son to pay the price for me, so my sins can be forgiven. During this meeting help me be humble and completely honest. Thank You for providing me with this program and _____ (the name of the person with whom you are sharing your inventory). Thank You for allowing the chains of my past to be snapped. In my Savior's name I pray, Amen.