

**Questions for Tuesday Night Step Study:**

1. What emotions and questions do I need to be honest with God about?
2. Am I willing to work through the pain and unfairness of my life in order to find God and be freed from addiction? What holds me back?
3. Have I avoided acceptance of God's power over my life? If so, how?
4. How has my addiction and negative core beliefs kept me from living my own life while finding myself more comfortable in "caves" of isolation, anger/rage, or silent judgment?
5. How have I tried to control my problems in my own power? What were the results?
6. How have my experiences shown me that my way of living is not a satisfying and productive way to live?
7. What are the signs that I am on the path and in the process of being restored to sanity?
8. Can I now believe that as I reach out for God's strength and surrender to him, God's nature is to be present and ready to help and support sane choices? Why or why not?

**All Questions for self-examination and step 2 study work on own:****Persistent Seeking - Job 14:1-6**

1. How has life seemed unfair to me in the areas of my family? Trauma/Abuse?  
Addiction?
9. What are my objections to trusting God fully with my addiction and my life?
10. What emotions and questions do I need to be honest with God about?
11. Am I willing to work through the pain and unfairness of my life in order to find God and be freed from addiction? What holds me back?

**Grandiose Thinking - Daniel 4:19-33**

1. When in my addiction, in what ways did I display the belief that I was only accountable to myself?
2. How have I tried to have power over the events, outcomes, and people in my life?
3. In what ways did I show that I forgot that God is ultimately in control?
4. Have I avoided acceptance of God's power over my life? If so, how?

**Internal Bondage - Mark 5:1-13**

1. What self-destructive behaviors have I inflicted on myself due to addiction? List and describe them.
2. How has my addiction and negative core beliefs kept me from living my own life while finding myself more comfortable in "caves" of isolation, anger/rage, or silent judgment?

3. Have I begun to drop my insanity of living alone and being trapped in addiction? Am I ready to have Jesus visit me in my “caves” and cleanse me? If so, write out a prayer to him here:

#### **Healing Faith - Luke 8:43-48**

1. How have I tried to control my problems in my own power?
2. What were the results?
3. Is there any other way I would like to try to control and manage it?
4. Am I ready to do my part, as this woman courageously did, by reaching out for recovery in faith that Jesus’ power will be there? Write a statement of readiness to God.

#### **Restoration - Luke 15:11-24**

1. How have my compulsions and addictions let me to compromise my values, convictions, and principles?
2. How have my compulsions and addictions dehumanized me and brought me Shame?
3. In light of how my addictions and dependencies have degraded me, am I now open to a deeper level of believing that the power and forgiveness of God will restore me to sanity?

#### **Coming to Believe - Romans 1:18-20**

1. How have my experiences shown me that my way of living is not a satisfying and productive way to live?
2. How have I seen God’s power at work in other people’s lives?
3. What are the signs that I am on the path and in the process of being restored to sanity?

#### **Hope in Faith - Hebrews 11:1-10**

1. Am I becoming able to believe that God can help me to live sanely? How?
2. Can I now believe that as I reach out for God’s strength and surrender to him, God’s nature is to be present and ready to help and support sane choices? Why or why not?