

Lesson Plan - Session 19 – Step 5 – Confession Reflection, Intro Step 6

Time	Activity
0:00	Opening Prayer Plan for the session Catch-up Sharing Questions/Discussion on Step 5 Share Step 5 reflection Introduce Step 6 Step 6 Exercise S6.1
0:05	Catch-up Sharing
0:15	Share Step 5 Reflection Ask each man to read his Step 5 reflection and/or note from person who heard his confession. Feedback or crosstalk after each.
1:00	Intro to Step 6 Instructions for Exercise 6.1 – Are You Entirely Ready? 2 questions to consider – write your responses
1:20	Assignment - Exercise S6.1 Final questions or comments
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

LEADER NOTES

Steps 6-12 – This is NOT a self-improvement, self-help program

- NOT – If I have enough discipline, determination, heart, courage, etc., I can do this!
- IS – If I am willing to be changed by God; to have my brokenness healed
- Jesus take the wheel!

Reminder as you consider these next steps

- Do NOT get lost in your own mind – constantly rolling the same set of thoughts around inside your head.
- Consider ideas as follows:
  - Read
  - Reflect
  - Analyze
  - Write

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- Share with others

### Read Step 6 and Verse

#### Summary:

Being Entirely Ready for God to change me – remove all of these defects of character

#### 2 main questions:

- What defects do I have and how have they harmed others?
- What does it mean to be entirely ready for God to remove my defects of character?

For question 1, may be helpful to use tables from Step 4

Self-reflection before next meeting; explore ideas shared by others after meetings

Remember – we are not yet asking God to remove defects of character. We are trying to determine if we are entirely ready to ask Him.

### Jesus and the 12 Steps – Denison

#### The Paralytic – John 5:1-15

Drop the Rock – by Bill W., written for individuals working Steps 6 & 7. The rock represents character defects, any flaws related to our addiction or the addiction itself.

The reason most of us are not *entirely* ready to surrender our defects to God is that we are more comfortable with a problem we see than a solution we don't. We could substitute the word *desperately* for *entirely*.

John 5 finds Jesus with a man who had struggled in his pain and helplessness for 38 years. There are 4 conditions to every healing, every successful working of Step 6.

- 1) Desire – Do you want to be well? Do you *desperately* want to be well?
- 2) Obedience – “Love is a great controlling passion and it always expresses itself in terms of obedience.” – Martin Lloyd-Jones. An old hymn – “Trust and obey. For there's no other way to be happy in Jesus, but to trust and obey.” Get up! Pick up your mat and walk! Jesus told him to pick up his mat (improbable) and walk (impossible). Until the

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man was willing to do the improbable, Jesus would not do the impossible. He did not actually experience the healing until he took a step of obedience.

- 3) Disclosure – interview by religious leaders. Response of the paralytic – “the man who made me well said to me, “pick up your mat and walk”. They did not want to hear his disclosure, but the healed man simply stated the facts.
- 4) Community – Jesus later sees the man in the temple. NOTE – Jesus did not instruct him to go there. He went there (for fellowship and support?) on his own. After encountering Jesus again, the man returned to the Jewish leaders and identified Jesus as the man who healed him.

A character flaw can be a good thing. Tim Keller said, “The more you see your own flaws and sins, the more precious, electrifying, and amazing God’s grace appears to you.”

Bill W. said, “I don’t get to choose which defects God will remove.”

Dwight L Moody – 50 years before the steps “Let God have your life; he can do more with it than you can.”