

**New Life Outreach  
Lesson 6  
Working Step One**

*We admitted that we were powerless over alcohol, addictions, sin or behaviors, and that our lives had become unmanageable.*

**Memory Verse: 2 Cor. 1:9,** *“We felt we were doomed to die and saw how POWERLESS we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us.”* (The Living Translation)

**I CAN'T DO IT ALONE**

“Hitting Bottom” is painful, especially when we have spent a lifetime covering up our problems in order to appear successful and at peace, particularly in a church setting! Living under an addiction is a lonely place to be, we feel as though life is hopeless and there is no hope. It usually takes a painful crisis for us to realize our need for help. As long as we think we can handle our addiction or sinful behaviors we stay on the roller coaster of denial. We must give up and surrender to have victory, victory that is not within us alone.

Read and think about being powerless and helpless, what your thoughts are.

Numbers 11:11-15 \_\_\_\_\_  
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Jer. 9:23-24 \_\_\_\_\_  
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John 15:5 \_\_\_\_\_  
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Proverbs 28:13 \_\_\_\_\_  
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Luke 13:10-13 \_\_\_\_\_  
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When we are at our weakest is God's opportunity to help, do you think?

**Psalm 116: 1-9**, In verse 3 what was the writers condition? \_\_\_\_\_

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In verse 8 what was God's response? \_\_\_\_\_

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Can you relate to the condition and the need for God's rescue? \_\_\_\_\_

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**Mark 4:35-41** What was the condition of the disciples? \_\_\_\_\_

How did Jesus respond? \_\_\_\_\_

What was the out come for the disciples? \_\_\_\_\_

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**2 Cor 10:3-4**, How does living in the world effect the way we live? \_\_\_\_\_

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What must we do to overcome the world? \_\_\_\_\_

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**Psalm 147:10-11** What is most important to God? \_\_\_\_\_

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What are the issues in your life which are unmanageable? \_\_\_\_\_

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What must you do to let go and let God be in control? \_\_\_\_\_

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Have you hit rock bottom, or is the hole much deeper? \_\_\_\_\_

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### **The Serenity Prayer**

*God grant me the Serenity to accept the things I can not change*

*The Courage to change the things I can;*

*And the Wisdom to know the difference*