

JOURNEY TO SERENITY

Step 4 Resource worksheet, Part 1

Made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the Lord. Lamentations 3:40

Step 4 is not a place to judge myself. It is not even to prove that I'm a bad person. Instead, I need to recognize, in light of reality and honesty (which can be synonymous with "searching and fearless"), the dark desires of my sin nature. This sin nature, of trusting self, has led me away from God and trusting in His strength and time!

Step 4 will be divided into 2 parts. Part 1 deals with raising awareness of the mechanisms I've used to survive. Surviving isn't living fully, it is existing. God wants me to thrive...and live fully. Until I became aware of old survivor tools, I wasn't able to face them, dissolve them, and learn new and exciting ways of being content, peaceful and joyful (despite the circumstances around me).

This week, on Step 4, Part 1, we will focus on a timeline of your family history. Jot diagonally on timeline. It can be major events of who, what, where, when. Include unmet needs, negative experiences &/or messages. **Especially note resentments &/or fears.* The timeline can look something like this:

Good memories

Birth

Present



Bad memories

Go ahead and make one of your own...use as much paper as needed.

Resentment is an attitude. It is holding something against someone. In the Lord's Prays Jesus teaches us to "forgive us our trespasses as we forgive those who trespass against us". I only punish myself with resentment.

I know I'm resentful if, for example, I have a sense of being left out, bitter or desiring to retaliate.

From the above timeline line, "fill in" more of the story by listing the resentments. Include:

Who

When

What

Where

How (include how you felt)

Fear is an emotion that comes from my distorted and irrational thoughts, usually based on unresolved childhood wounds. As a child I was only capable of surviving, and fear, at that time was my friend. It no longer is my friend!

Follow the same process for "fear" as you did for "resentment."

Pray! Ask God to show you the theme(s) from your past you are using to survive today.