

# Recovery Fellowship

Welcome to our

12 Step

Pathway to Freedom



Steps 5 - 7

Worksheets

“Confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)

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**Step 5:** We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Ok, you have finished the first four steps and you are now ready to continue on with the fifth step. Congratulations, you have come far, and you actually lived through that dreaded fourth step that people like to tell horror stories about. It wasn't all that bad, now was it?

Before we continue, let us review just a little bit. In the first step we talked about powerlessness and unmanageability. In the second step we discussed the possibility that perhaps there could be a power in the universe greater than you. Are you over that yet?

In step 3 you made a decision to turn your will and life over to God, and then you took that inventory and got to know a lot about you that you did not know before. Yes, you have come far, and you have every right to be happy about that. Now it is time to start sharing some of that. You see, what you have done so far is to put on paper the substance of your soul. You like that? Pretty deep, huh? Yep, the substance of your soul is laid out on paper for you to see. You may want to keep these worksheets to refer back to from time to time.

It is time to meet with your sponsor, or whatever person you have chosen to hear your fifth step, and let him/her know all that you have written. Be prepared to talk a lot. Your sponsor will surely have some things to share with you also. Pray about it before you begin. Ask God for guidance. This step will be the humble beginning of you sharing ***the real you*** with another person to let them decide if they still want to be in your life. You just might be surprised at the response from your sponsor.

## Step Five Questions

These questions are to be answered **after** you finish talking with your sponsor.

1. How did it feel to expose yourself like that?
2. Do you feel closer to your sponsor now?
3. Do you feel like your sponsor judged you?
4. Do you think your sponsor has a different opinion of you now? If so, explain.
5. Does it feel like a big load has been taken off your shoulder now?
6. Do you now understand why you needed to do that?

**It is very important that you do steps 6 & 7 now.** There is no reason to put it off. Think about what you have done with your sponsor. Think about all the character defects you talked about. Now, you can turn those over to God.

So go to a quiet place where you can be alone with God. Say what needs to be said. Make your peace with Him and live a whole new life.

Please do not hesitate. Take these two steps before the day is over. You will feel so much better. God is now guiding your life, right? You did turn your will and your life over to God in Step 3. Make sure you make a daily practice of Step 3. We do have a tendency to take back our will and not even realize it. The step 7 prayer is a continuation of this partnership with God.

## Steps Six And Seven Questions

**Step 6:** Were entirely ready to have God remove all these defects of character.

**Step 7:** We humbly asked God to remove our shortcomings.

Do not answer these questions until you have said the prayer mentioned in the seventh step. If you have not done that, then you need to stop and do it now.

1. How did you feel after humbling yourself to God in prayer?
2. Do you now feel like God has forgiven you and given you a brand new start on life? Tell a little about it.
3. Some people say they feel like the weight of the world has been lifted from their shoulders after taking this step. Do you feel that way? Explain.
4. Do you believe you can now be more honest with people since much of the fear of what other people think is gone?
5. Are you aware that from now on God is your partner? How do you see this changing your life?