

Life's Healing Choices

R

Realize that I'm not God; I admit that I'm powerless to control my tendency to do the wrong thing and my life is unmanageable.

E

Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover.

C

Consciously choose to commit all my life and will to Christ's care and control.

O

Openly examine and confess my faults to God and to someone I trust.

V

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

E

Evaluate all my relationships, offer forgiveness to those who have hurt me, and make amends for harm I've done to others (except when to do so would harm them or others).

R

Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and gain the power to do it.

Y

Yield myself to God to be used to bring this Good News to others by example and my words.