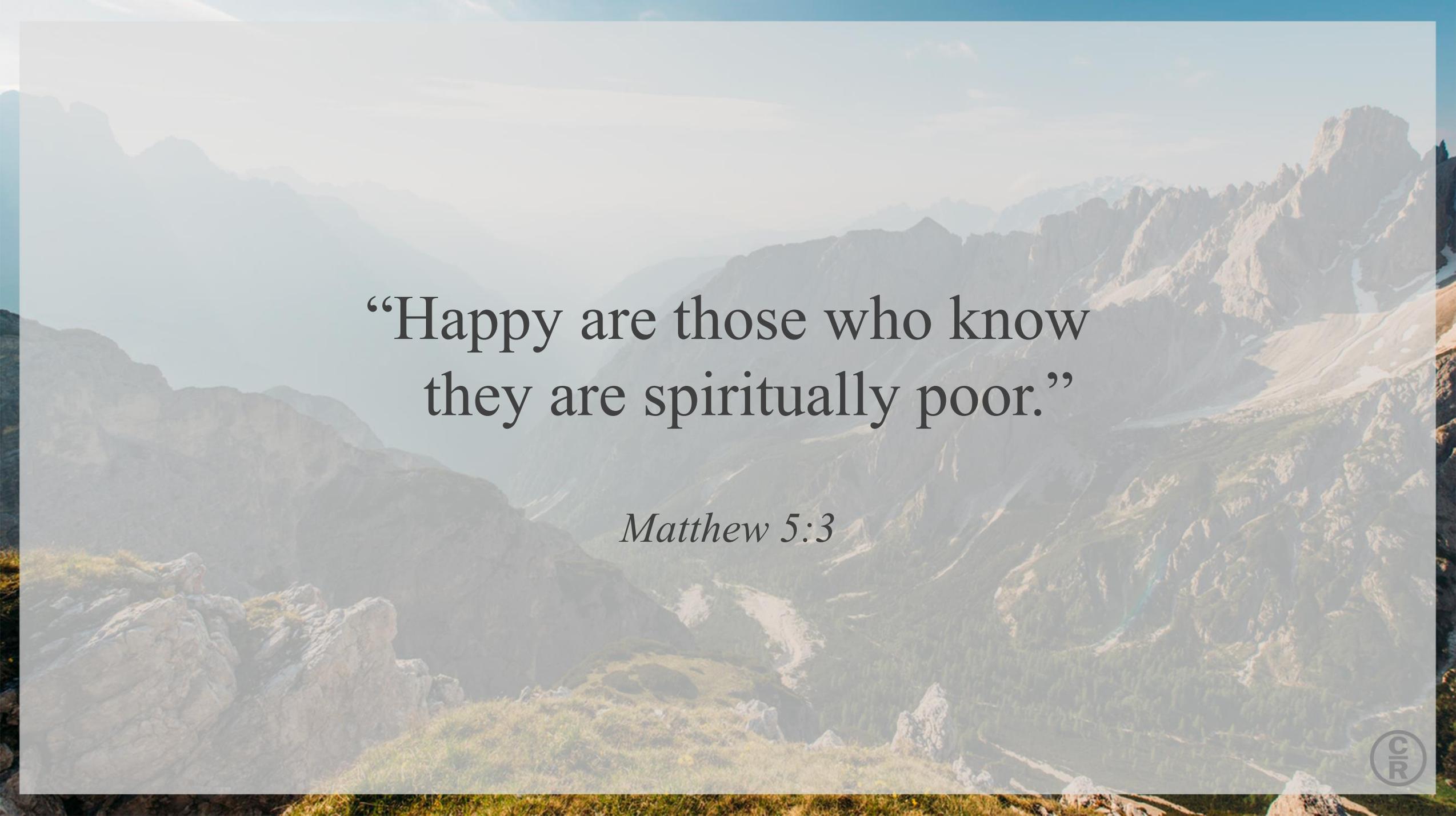


Powerless



Principle 1

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

A scenic view of a mountain valley. In the foreground, there are rocky outcrops and green grass. The middle ground shows a valley with a river winding through it, surrounded by forested slopes. In the background, there are more mountain ranges under a clear blue sky with some light clouds.

“Happy are those who know
they are spiritually poor.”

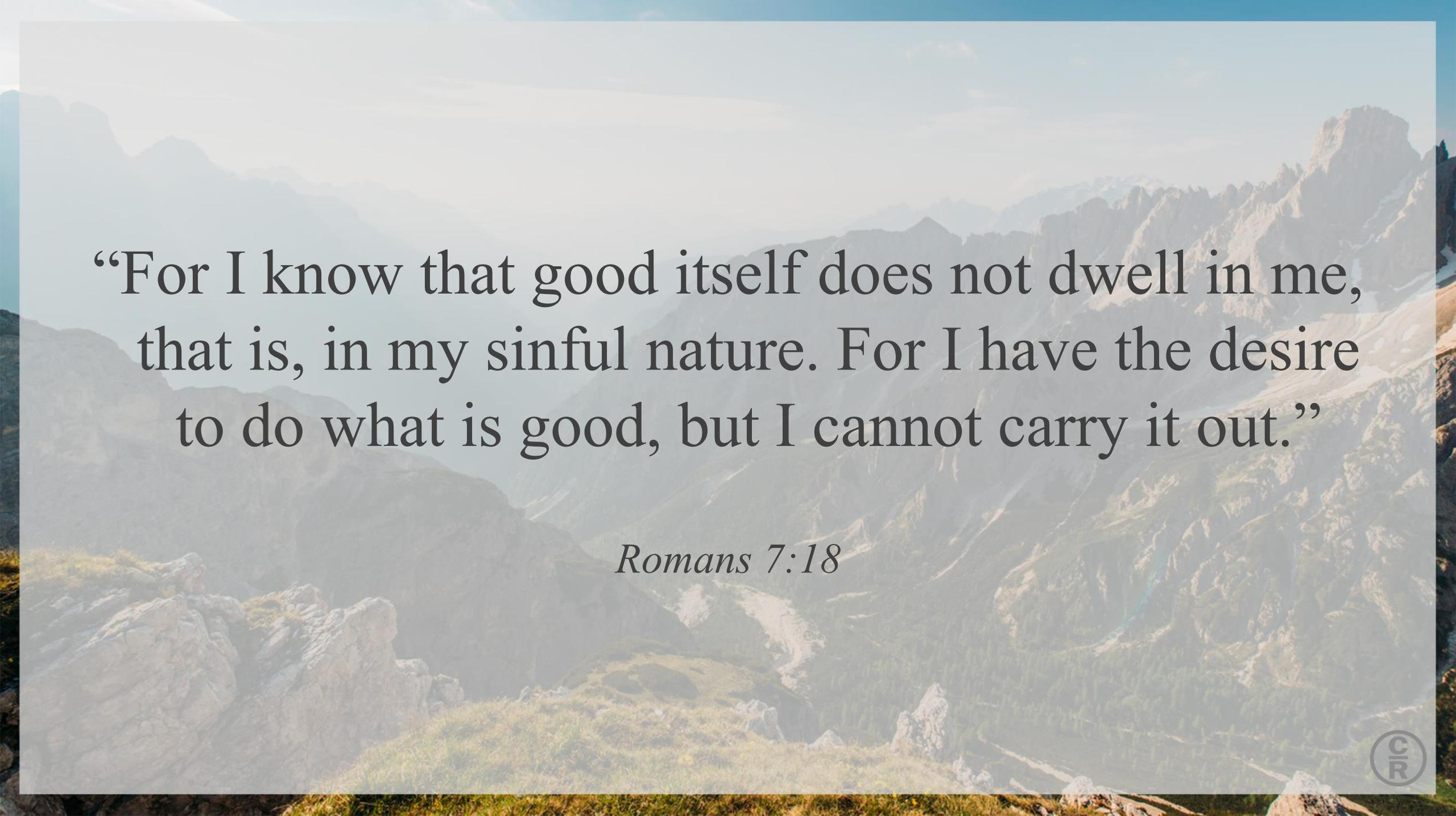
Matthew 5:3



Step 1

We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.



A scenic view of a mountain valley with a river winding through it, under a clear sky. The foreground shows rocky terrain with some greenery, while the background features a range of mountains with a river valley in between.

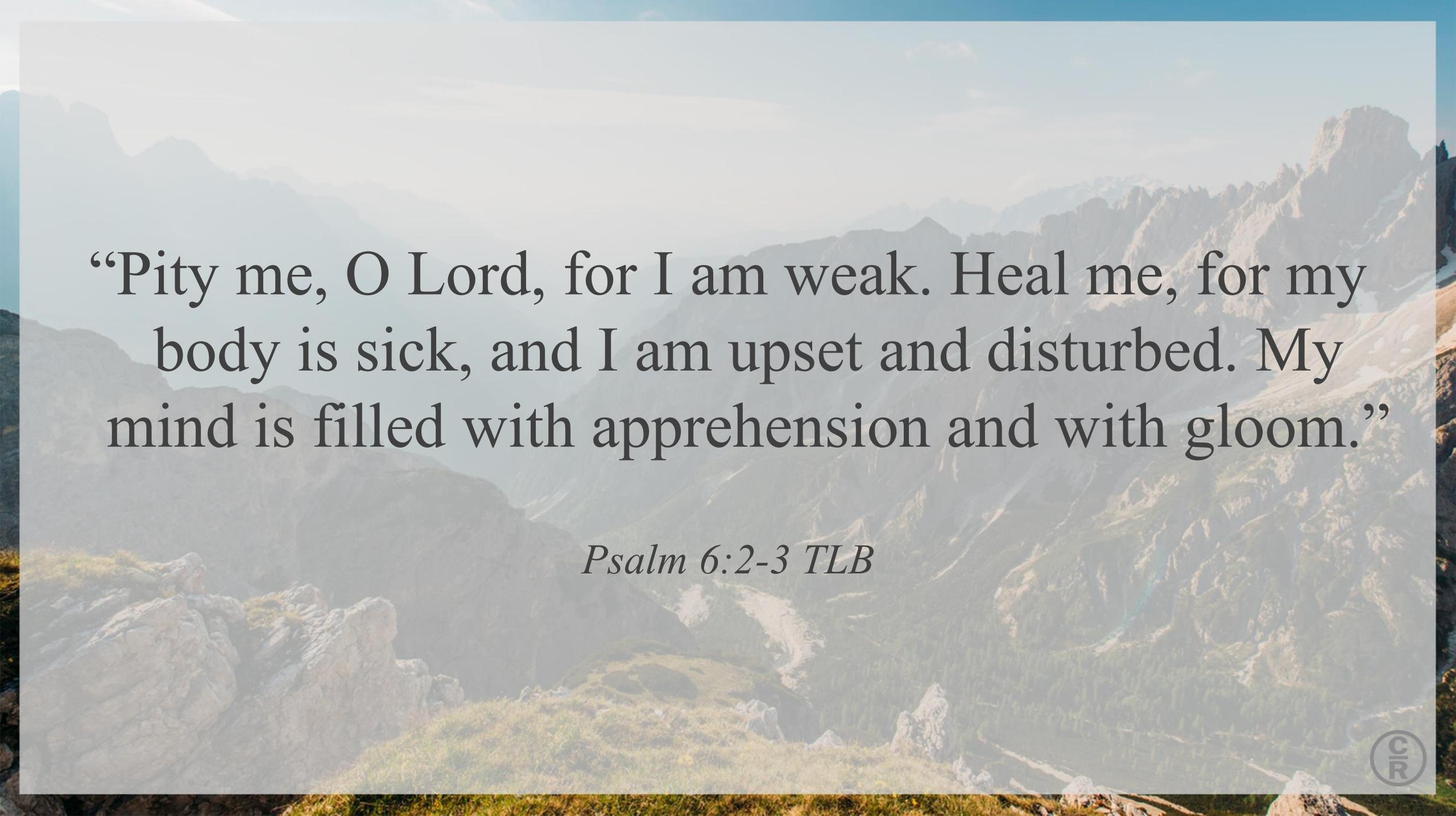
“For I know that good itself does not dwell in me,
that is, in my sinful nature. For I have the desire
to do what is good, but I cannot carry it out.”

Romans 7:18



A scenic view of a mountain valley. In the foreground, there are rocky outcrops and green grass. The middle ground shows a valley with a river winding through it, surrounded by dense green forests. The background features rugged, rocky mountain peaks under a clear blue sky with some light clouds. The overall atmosphere is bright and clear.

1. Stop Denying the Pain



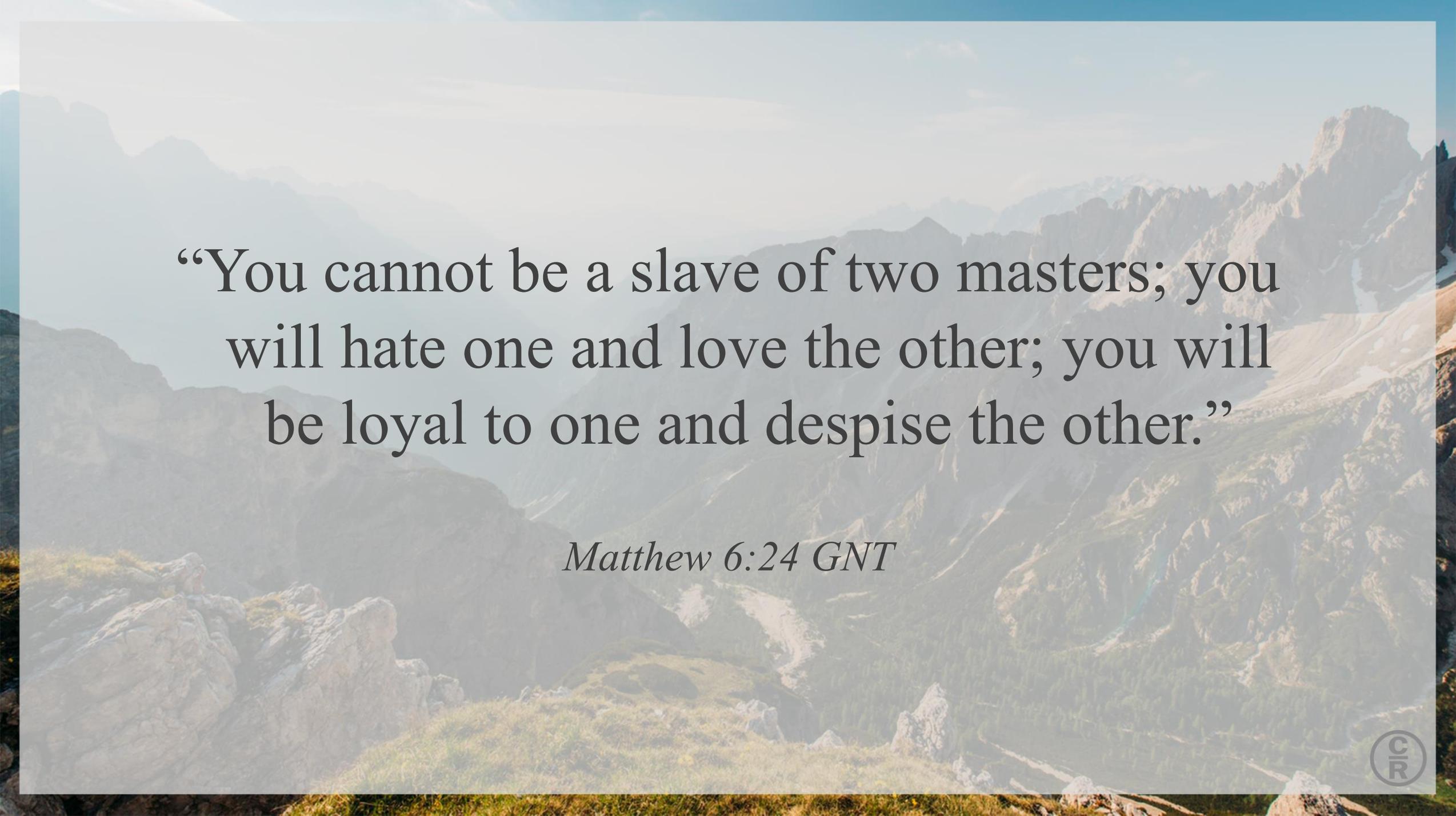
“Pity me, O Lord, for I am weak. Heal me, for my body is sick, and I am upset and disturbed. My mind is filled with apprehension and with gloom.”

Psalm 6:2-3 TLB



A scenic view of a mountain range with a valley in the foreground and distant peaks under a blue sky. The foreground shows rocky terrain with some green grass. The middle ground features a deep valley with a river or stream winding through it, surrounded by dense green forests. The background consists of several layers of mountain ranges, with the furthest peaks appearing hazy and blue. The overall atmosphere is bright and clear.

2. Stop Playing God

A scenic view of a mountain valley with a river and green hills under a blue sky. The text is overlaid on this background.

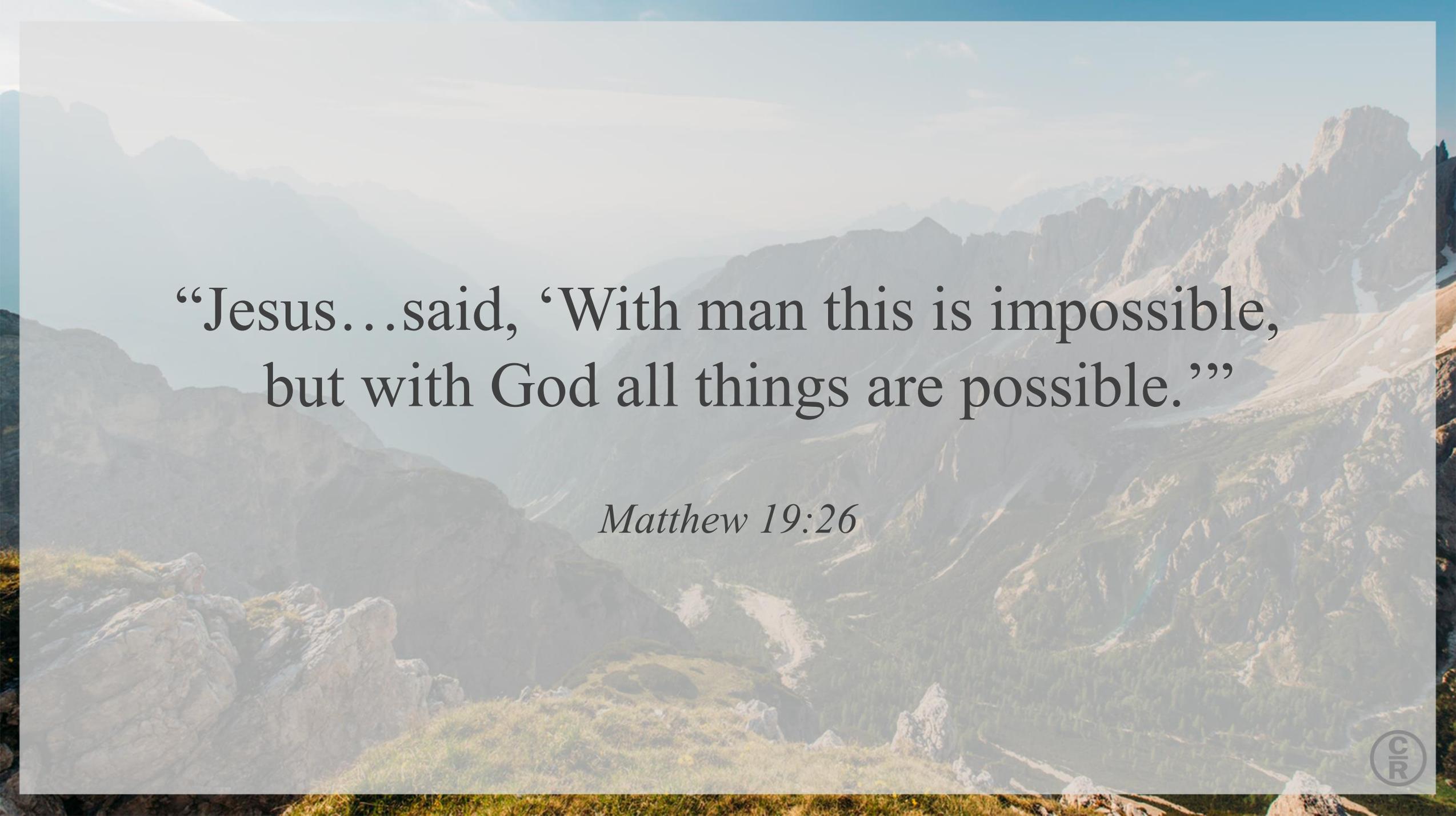
“You cannot be a slave of two masters; you will hate one and love the other; you will be loyal to one and despise the other.”

Matthew 6:24 GNT



A scenic view of a mountain valley with a river and forested slopes. The image shows a wide valley with a river winding through it, surrounded by rugged mountains and green forests. The sky is clear and blue.

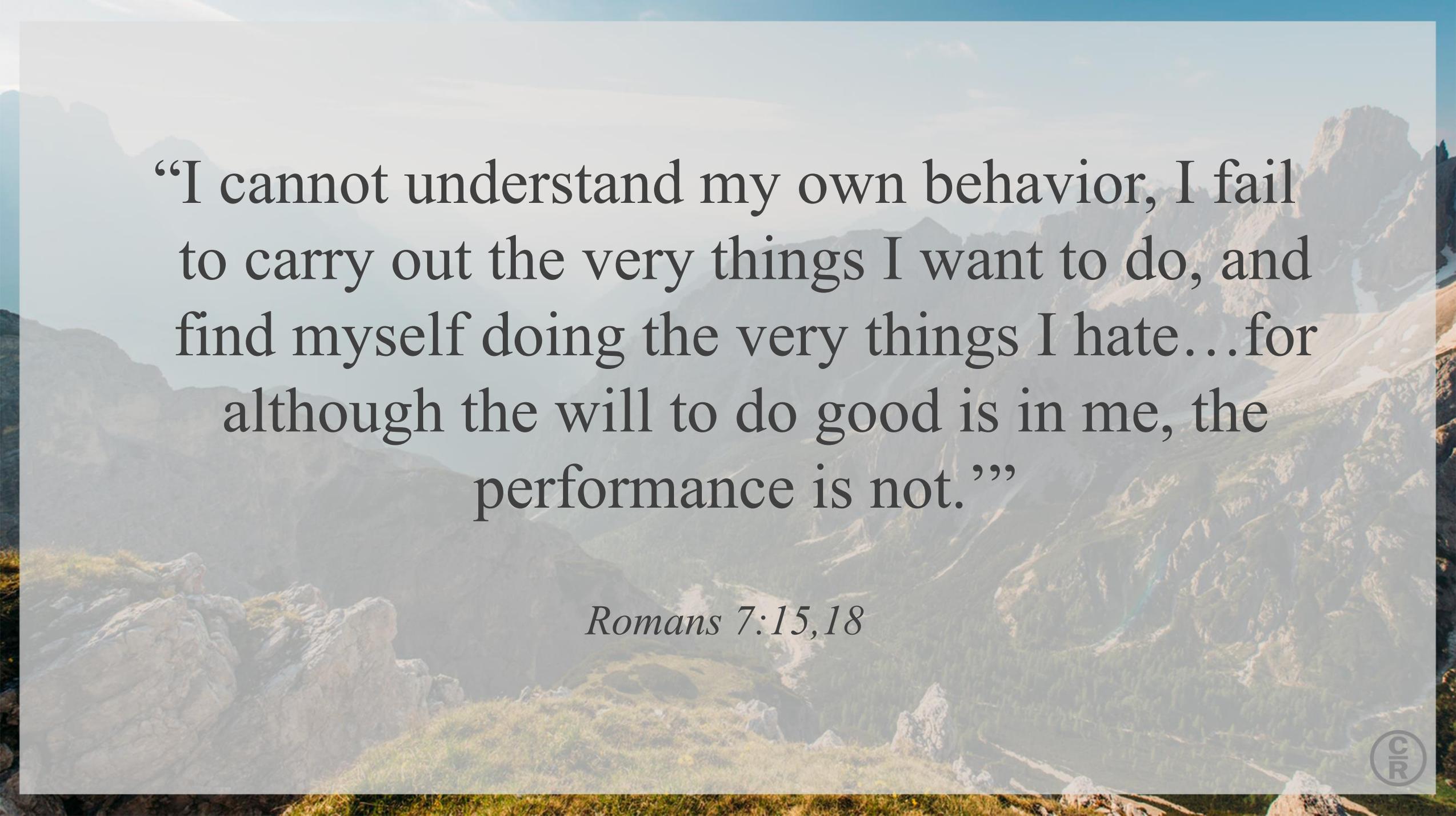
1. Start Admitting Your Powerlessness

A scenic view of a mountain valley with a river and forested slopes. The image is overlaid with a semi-transparent white box containing text.

“Jesus...said, ‘With man this is impossible,
but with God all things are possible.’”

Matthew 19:26





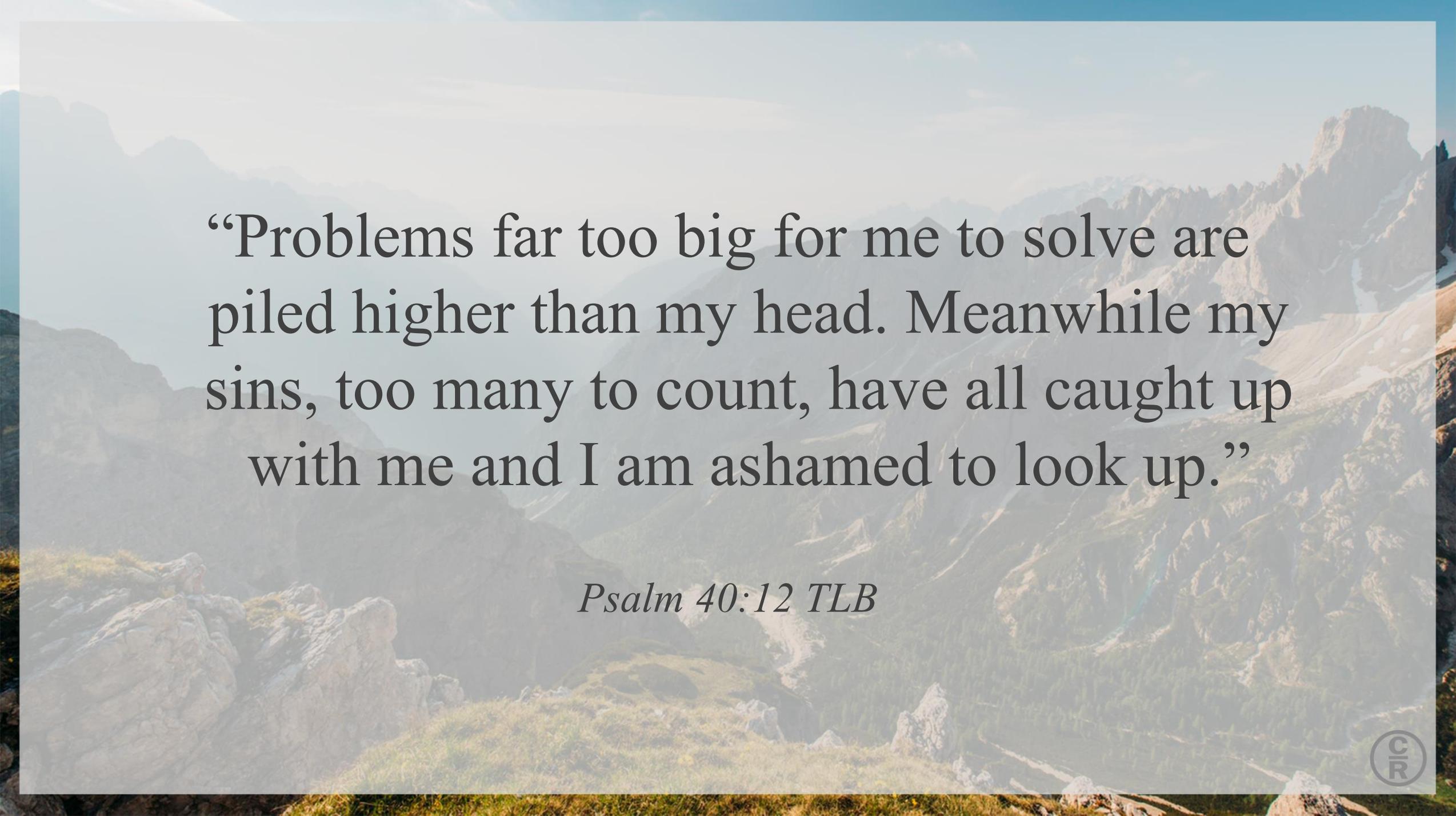
“I cannot understand my own behavior, I fail to carry out the very things I want to do, and find myself doing the very things I hate...for although the will to do good is in me, the performance is not.””

Romans 7:15,18





2. Start Admitting That Your Life Has Become Unmanageable



“Problems far too big for me to solve are piled higher than my head. Meanwhile my sins, too many to count, have all caught up with me and I am ashamed to look up.”

Psalm 40:12 TLB



Pride

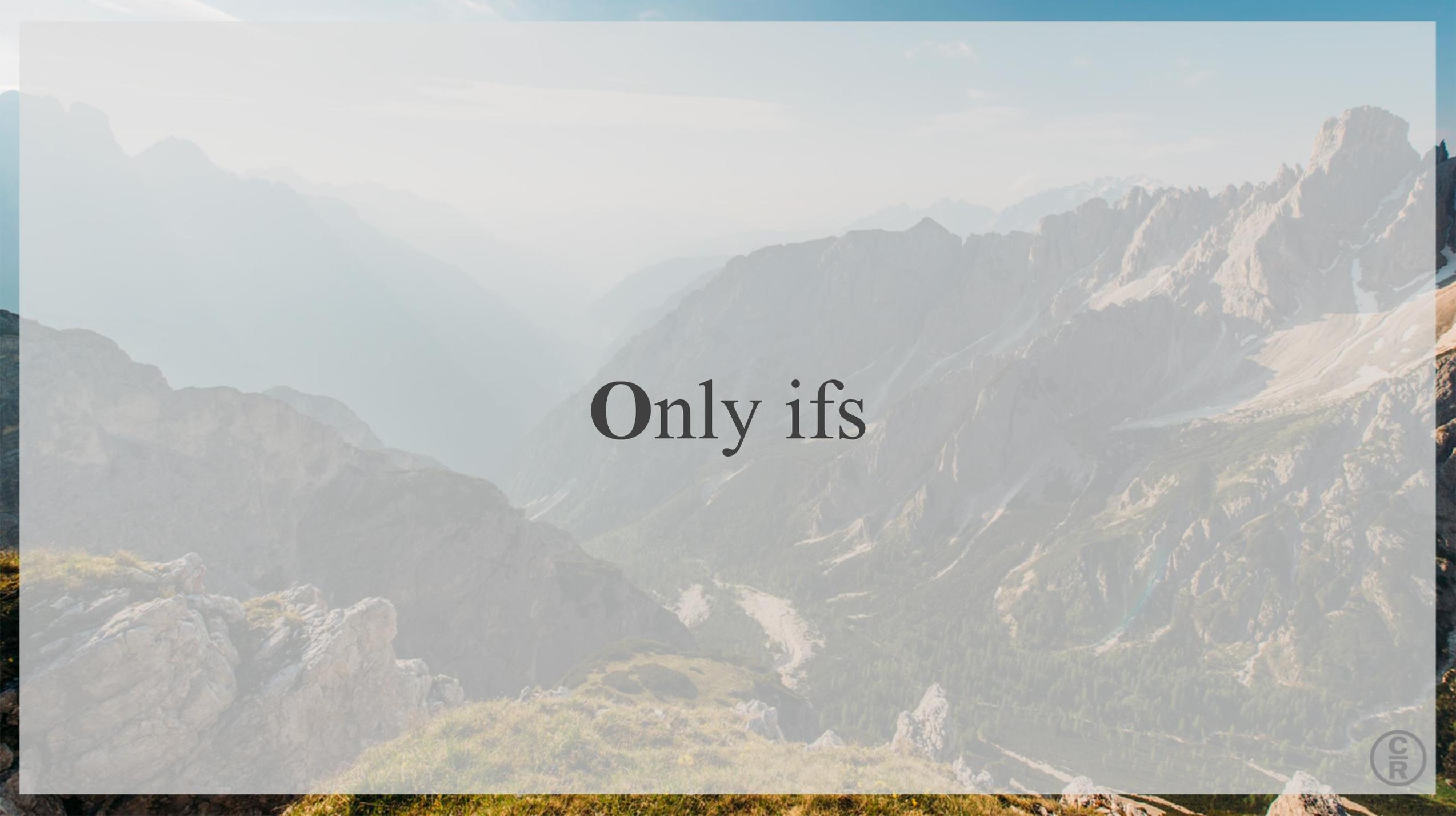


A scenic view of a mountain valley. In the foreground, there are rocky, grassy slopes. The middle ground shows a deep valley with a river winding through it, surrounded by dense green forests. The background features a range of rugged, rocky mountains under a clear blue sky with some light clouds. The overall atmosphere is bright and clear.

“Pride ends in a fall, while humility brings honor.”

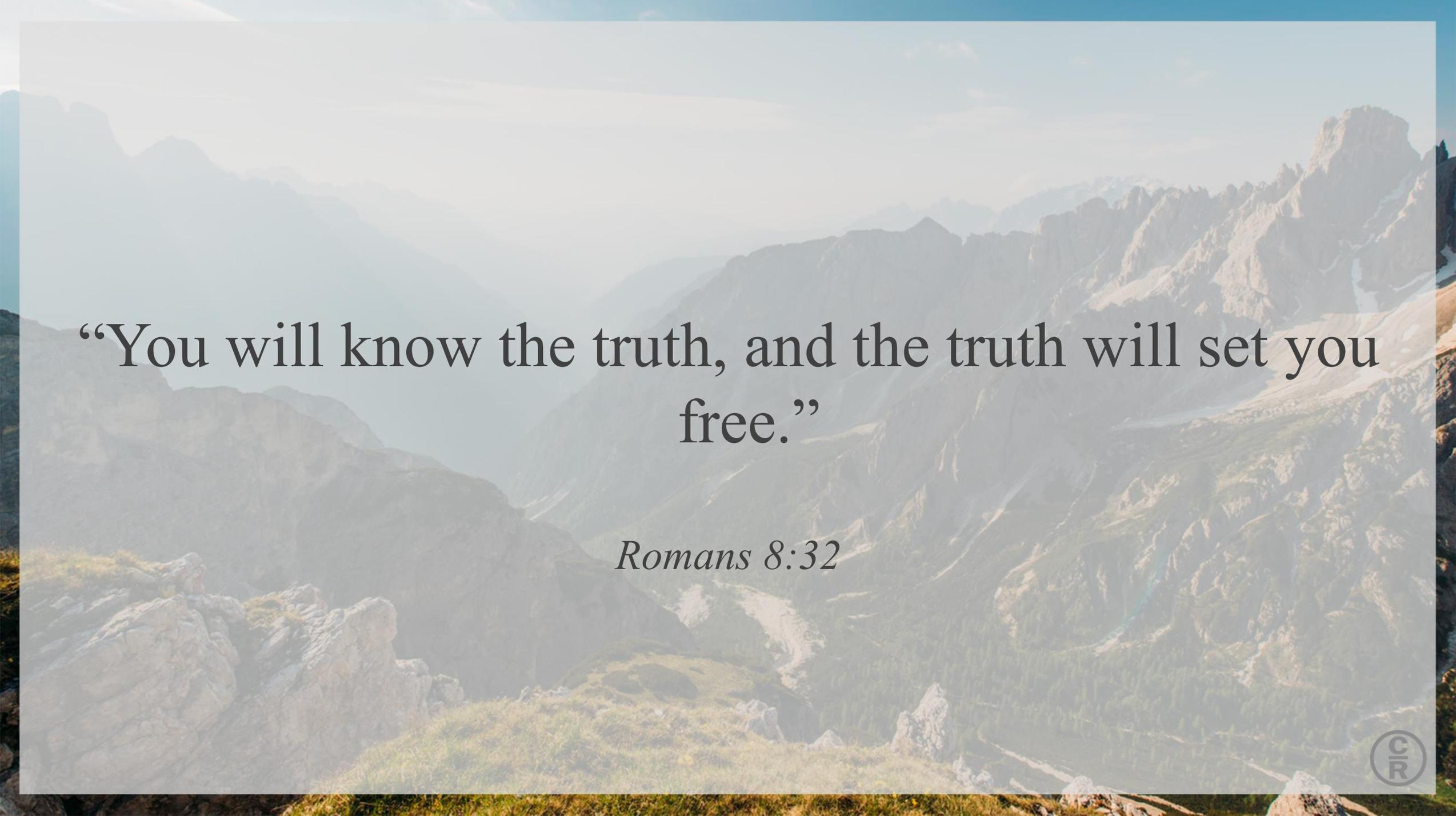
Proverbs 29:23 TLB



A wide-angle photograph of a mountain range under a clear blue sky. The foreground shows rocky terrain with sparse green vegetation. The middle ground features a deep valley with a river and forested slopes. The background consists of numerous mountain peaks, some with patches of snow, receding into the distance. A semi-transparent white rectangular box is centered over the image, containing the text "Only ifs" in a black serif font.

Only ifs





“You will know the truth, and the truth will set you free.”

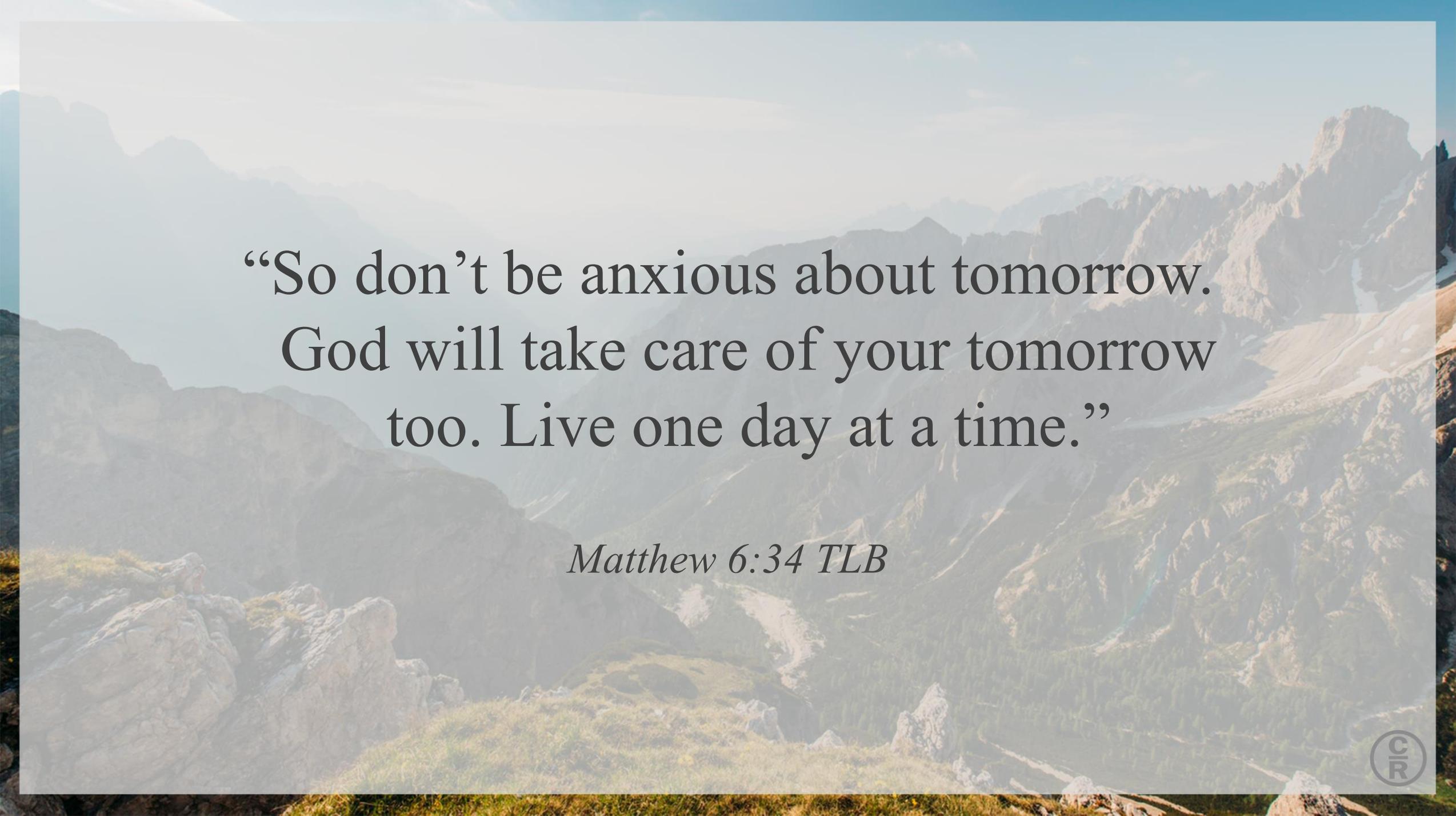
Romans 8:32



A wide-angle photograph of a mountain range under a clear blue sky. The foreground shows rocky terrain with some green grass. The middle ground features a deep valley with a river and forested slopes. The background consists of numerous mountain peaks, some with patches of snow, receding into the distance. The word "Worry" is centered in a black, serif font.

Worry





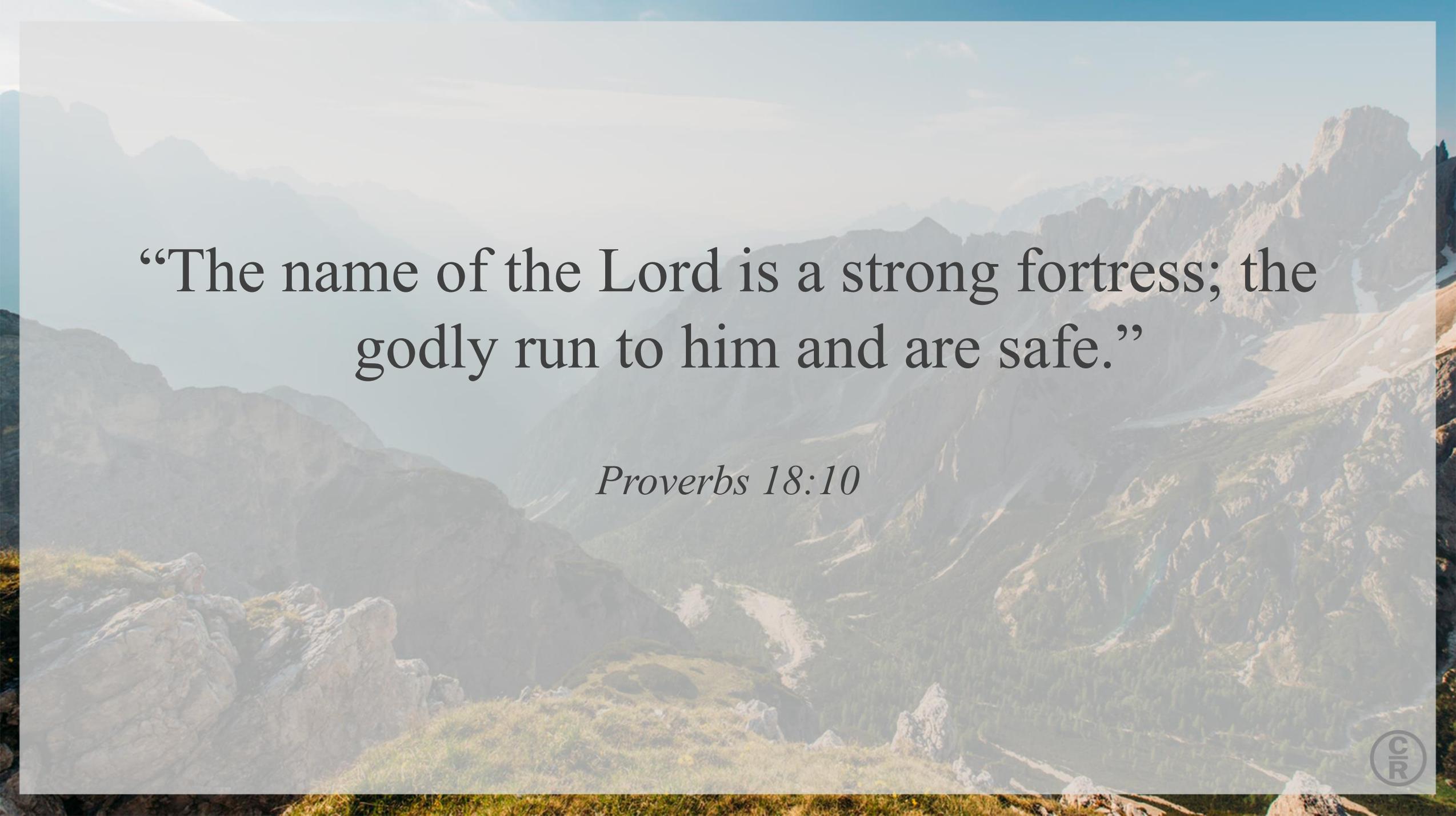
“So don’t be anxious about tomorrow.
God will take care of your tomorrow
too. Live one day at a time.”

Matthew 6:34 TLB



Escape



A scenic view of a mountain valley with a river and a small town, overlaid with a semi-transparent text box. The background shows a wide valley with a river winding through it, surrounded by rugged mountains and greenery. The text is centered in the upper half of the image.

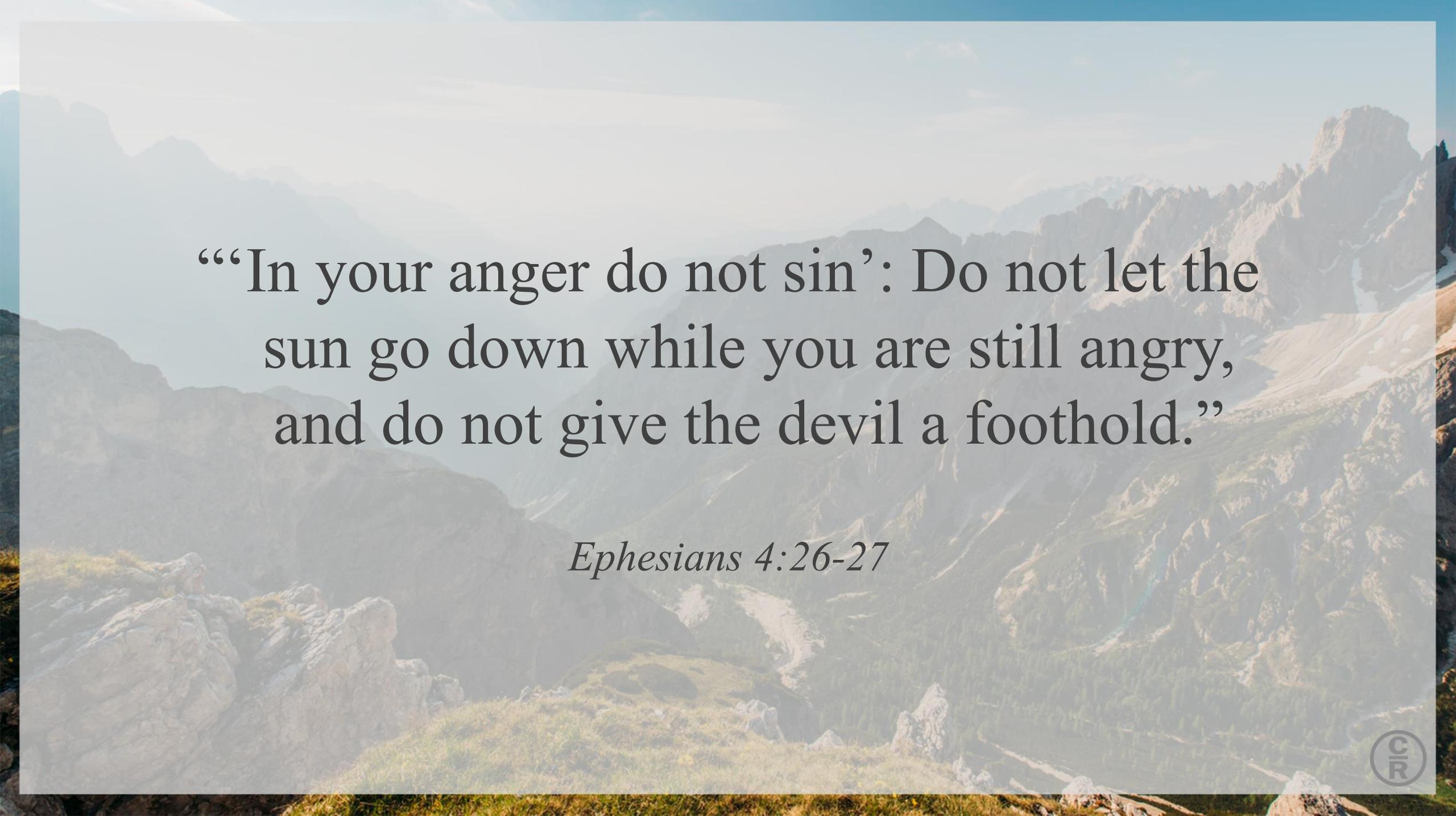
“The name of the Lord is a strong fortress; the
godly run to him and are safe.”

Proverbs 18:10



Resentments





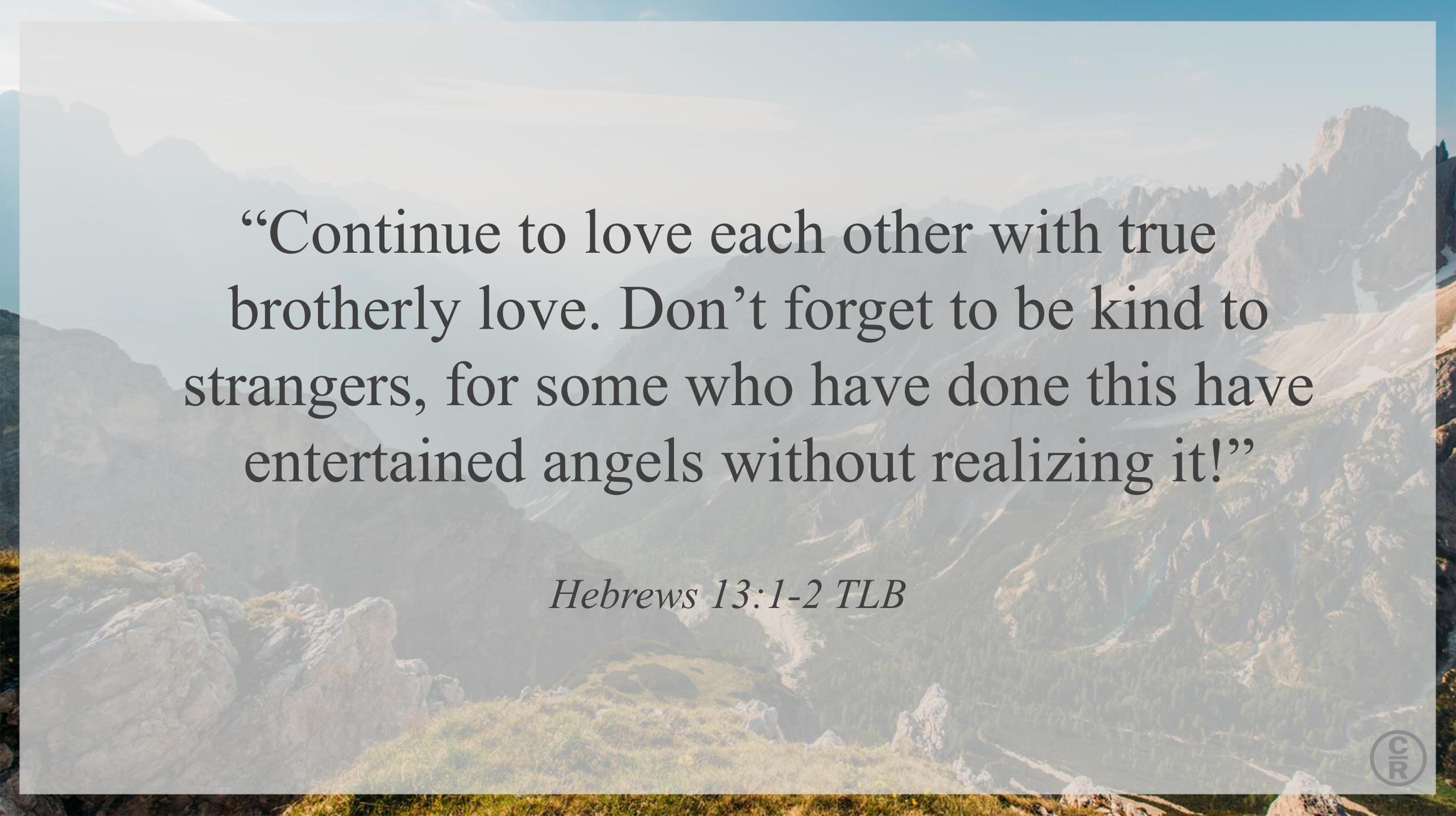
““In your anger do not sin’: Do not let the sun go down while you are still angry, and do not give the devil a foothold.”

Ephesians 4:26-27



Loneliness





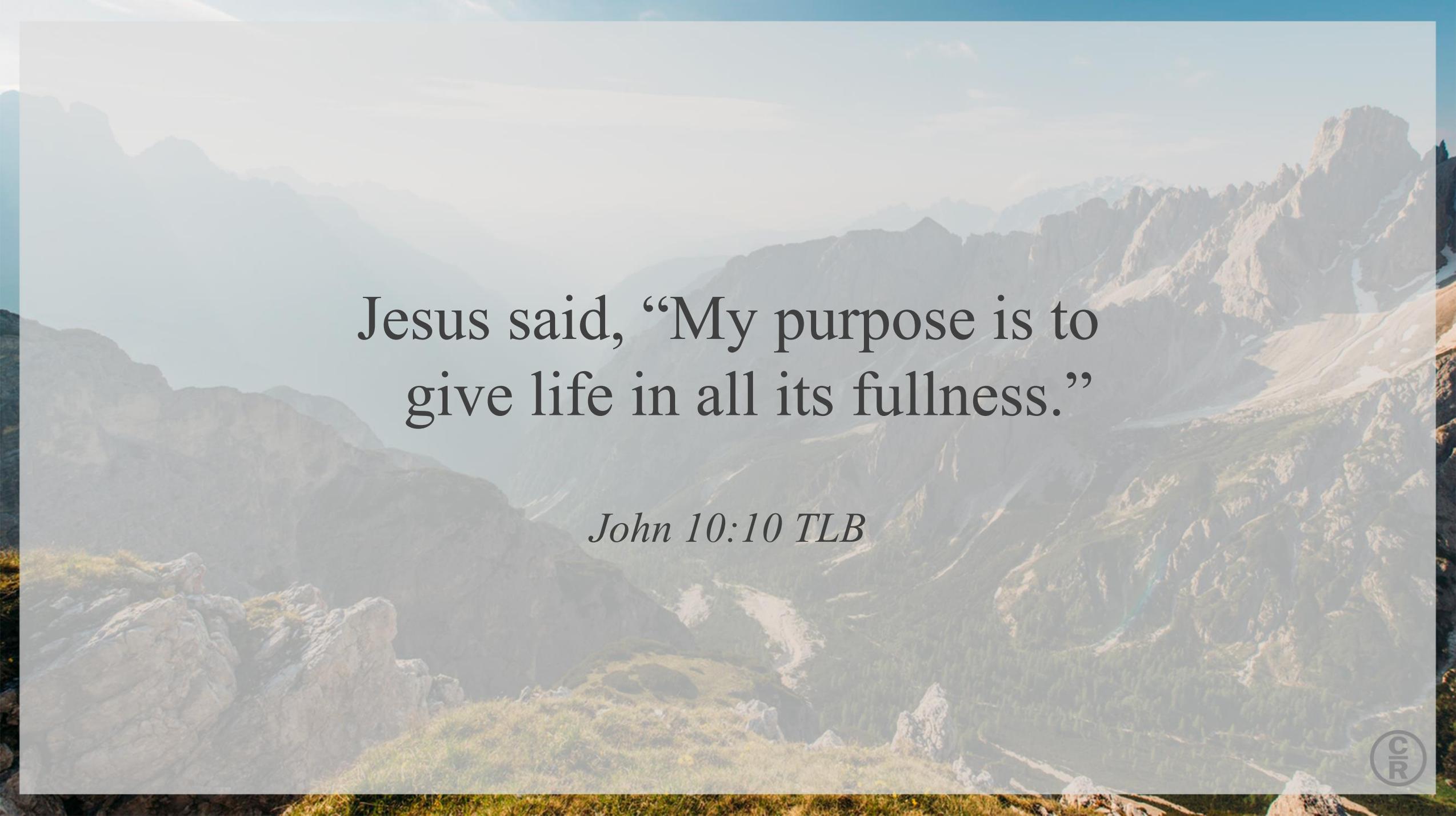
“Continue to love each other with true brotherly love. Don’t forget to be kind to strangers, for some who have done this have entertained angels without realizing it!”

Hebrews 13:1-2 TLB



Emptiness



A scenic view of a mountain valley with a river and green hills. The image shows a wide valley with a river winding through it, surrounded by rugged mountains and green hills. The sky is blue with some clouds. The text is overlaid on the image.

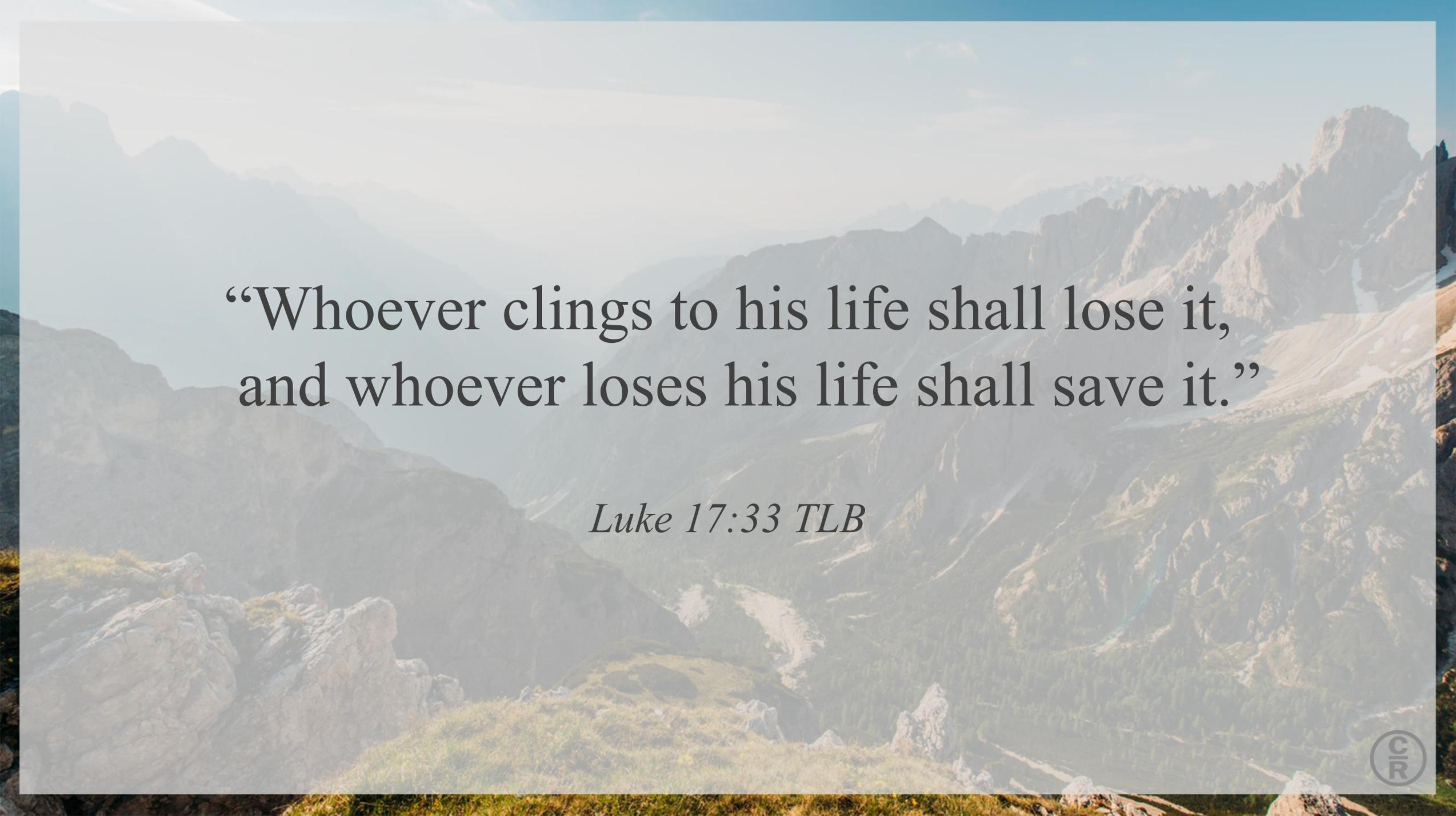
Jesus said, “My purpose is to
give life in all its fullness.”

John 10:10 TLB



Selfishness



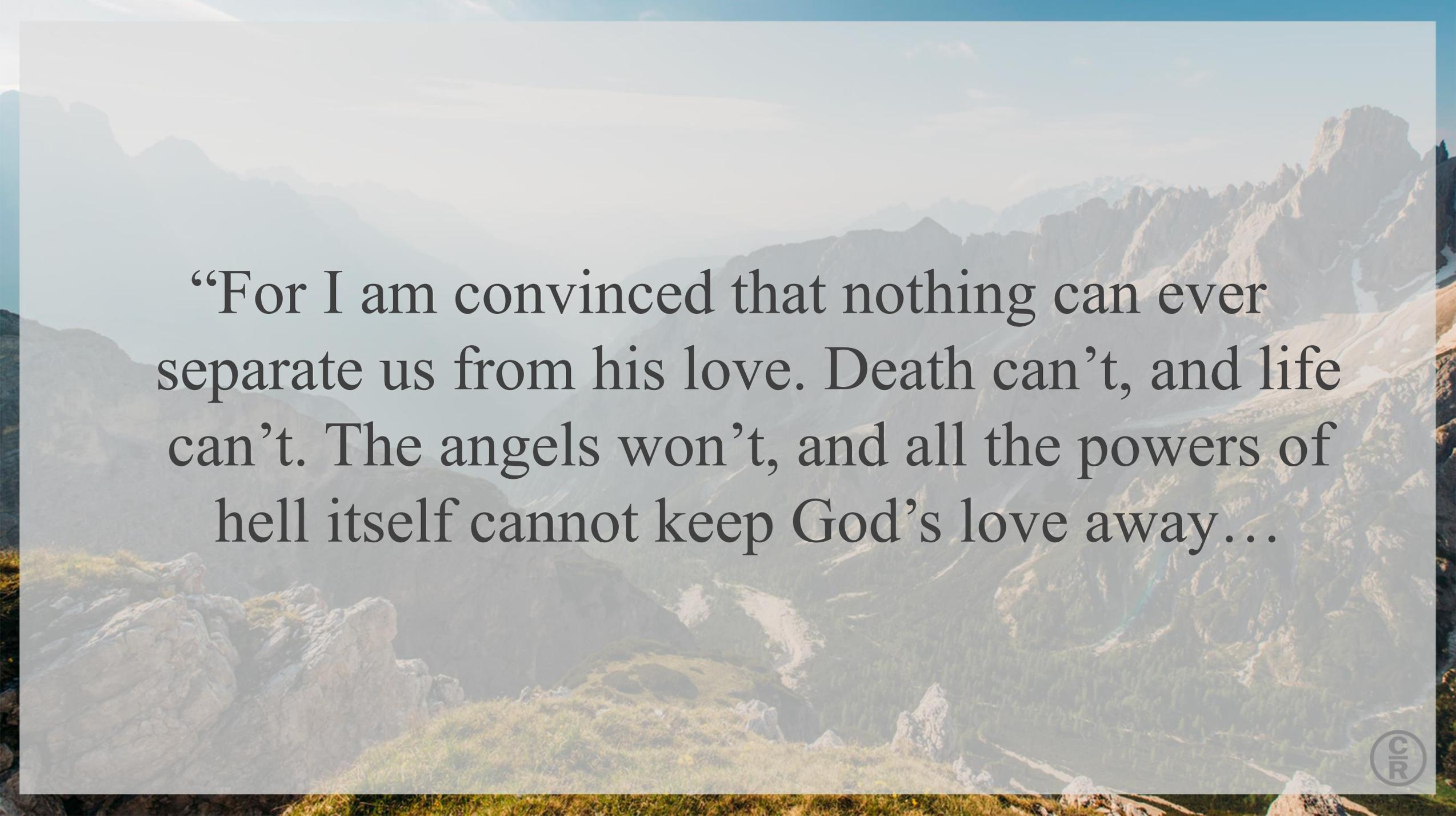


“Whoever clings to his life shall lose it,
and whoever loses his life shall save it.”

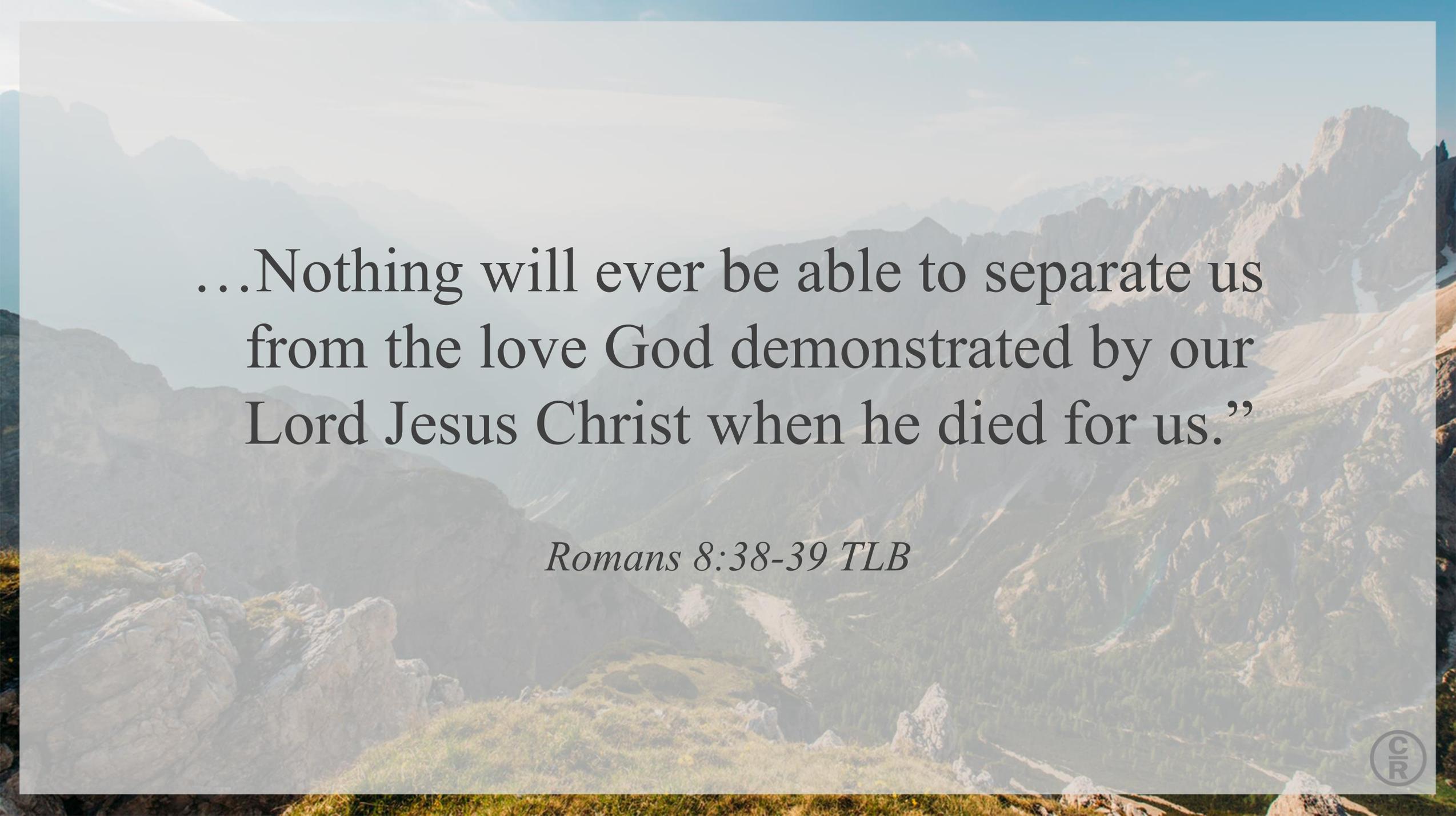
Luke 17:33 TLB



Separation

A scenic view of a mountain range with a valley in the foreground, overlaid with a semi-transparent text box. The mountains are rugged and rocky, with some snow patches. The valley below is lush with green grass and trees. The sky is a clear, pale blue.

“For I am convinced that nothing can ever separate us from his love. Death can’t, and life can’t. The angels won’t, and all the powers of hell itself cannot keep God’s love away...”



...Nothing will ever be able to separate us from the love God demonstrated by our Lord Jesus Christ when he died for us.”

Romans 8:38-39 TLB



Powerless

