

B6. Do the pain Work Apply forgiveness prayers and chart steps for unresolved issues. **Matthew 4:4** *Jesus answered, "The Scriptures say: 'No one can live only on food. People need every word that God has spoken.'"* **Matthew 5:22** *But I promise you that if you are angry with someone, you will have to stand trial. If you call someone a fool, you will be taken to court. And if you say that someone is worthless, you will be in danger of the fires of hell. v.23 So if you are about to place your gift on the altar and remember that someone is angry with you, v.24 leave your gift there in front of the altar. Make peace with that person, then come back and offer your gift to God.*

1. 1Peter 1:22 *You obeyed the truth, and your souls were made pure. Now you sincerely love each other. But you must keep on loving with all your heart. v23 Do this because God has given you new birth by his message that lives on forever. **Make amends** as quickly as possible. Work through the 12-steps and realize we are powerless to change others but God allows us to change ourselves. When our pain is greater than the fear of change, change happens. We document that change by charting the steps to recovery (See next page. Find scriptures.)*

1. The person

2. The cause

3. The effect

4. The damage

5. My part

Celebrate Recovery STEP 4 Inventory Worksheet

"We 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

1. The Person	2. The Cause	3. The Effect	4. The Damage	5. My Part
Who is the object of my resentment or fear?	What specific action did that person take that hurt me?	What effect did the action have on my life?	What damage did that action do to my basic social, security, and/or sexual instincts?	What part of the resentment am I responsible for? Who are the people I have hurt? How have I hurt them?