

Good Counselors

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

What is the Role of a Sponsor

1. A sponsor can be there to discuss issues in detail that are too personal or would take too much time in a meeting.
2. A sponsor is available in times of crisis or potential relapse.
3. A sponsor serves as a sounding board by providing an objective point of view
4. A sponsor is there to encourage you to work the principles at your own speed.
5. A sponsor attempts to model the lifestyle that results from working the steps themselves.
6. A sponsor can resign or be fired.

In recovery we learn new ways of seeing things, new ways of responding, and new guidelines for making decisions. Our old patterns of thinking and living didn't work very well. Now that we're establishing new patterns, we'll need counselors. They will supply the support we need and will listen as we share our story.

The Bible says, "**Plans go wrong with too few counselors; many counselors bring success. With good**

counselors there is safety." One of the prophets spoke of Jesus in this way, "**For unto us a Child is born; unto us a son is given; and the government shall be upon his shoulder. These will be his royal titles: 'Wonderful,' 'Counselor,' 'The Mighty God,' 'The Everlasting Father,' 'The Prince of Peace'.**"

When we surround ourselves with dependable counselors, we are developing a safety net. Good counsel can come from the Bible, from pastors, from friends who know and live for God, or from books and media that honor truth as it is shown in Jesus Christ. When we admit our wrongs to other people they can also become a source of counsel for our lives. They may be professionals who understand addiction and recovery. They may be people who know us and who share God's wisdom with us. Or perhaps they are people who have experienced what we're now going through.

We need the help of those who can enlarge our vision and broaden our perspective. We need the help of the Holy Spirit who is God given to us to guide us into all truth. We need to listen. We need to share

honestly. We need to respond to honest feedback we are given.

As iron sharpens iron, so one man sharpens another. (Proverbs 27:17)

Two are better off than one, because together they can work more effectively. If one of them falls down. The other can help him up. But if someone is alone ... there is no one to help him ... Two men can resist an attack that would defeat one man alone. (Ecclesiastes 4:9-12)

What are the Qualities of a Sponsor?

1. Does their walk match their talk?
2. Does he/she have a growing relationship with Jesus Christ? Do you see the character of Jesus in the person?
3. Does the person express the desire to help others on the road to recovery? (Helping others find help versus trying to fix others)
4. Does he/she show compassion, care and hope but not pity? (We don't need someone who is simply going to feel sorry for us.)
5. Is the person a good listener? (Does the person really care about what you have to say?)
6. Is he/she strong enough to confront your denial or procrastination?
7. Does the person offer suggestions?
8. Can the person share his/her own current struggles with others? (Openness, vulnerability, and transparency)

Questions for Reflection and Discussion

1. Who has God given to me as trustworthy people with whom I can share openly and honestly?
2. How do I use God's word to give me guidance and counsel?
3. How, recently, have I sought to broaden the circle of good counselors in my life who can speak God's word to me?
4. What is God's plan for the church and how the church is to be a part of my life?
5. What do I do with feedback I am given that I don't like?