

## Becoming Willing To Obey

### Step 6: We were entirely ready to have God remove all these defects of character.

The goal of this step is that we commit ourselves to God and desire that he remove patterns of sin from our lives. We experience fulfillment only when God's desires become our desires.

*Delight yourself in the Lord; and He will give you the desires of your heart. Whoever wishes to save his life shall lose it; but whoever loses his life for God's sake shall find it. Seek first God's kingdom and God's righteousness; and all these things will be added to you.* (Psalm 37, Matthew 16, Matthew 6)

Jesus used many ways to teach the principle behind Step 6. He taught and demonstrated that the key to life was to have our Heavenly Father's will as our will. He knew the tragic results of being self-centred. When God's will is first in our lives, however, the results ultimately are positive. We cannot make ourselves do the things that are best for us. Step 6 is not a decision to accomplish something as much as it is a willingness to have God's priorities as our priorities. When our goal is to be happy we are certain to fail in the end. When our goal is to love God and to have a relationship with Him, He eventually gives happiness as a by-product.

Most of us began recovery either because someone confronted us and we couldn't escape the consequences of some behaviour, or we wanted relief from the physical and emotional pain our behaviour brought into our lives. We wanted relief. What we really wanted was to be rid of the negative sides of our addiction. We wanted the people around us to change. We wanted to feel better physically. We wanted relief from our anxiety. We thought these problems were the source of our troubles.

As we work Step 6 we make a fundamental change in our lives. We seek to become persons who desire God's will. We will experience victory to the degree that we can say with Jesus,

*"My food is to do the will of Him who sent me."* (John 4) We change our desires to match God's desires by honestly facing reality and by overcoming false beliefs.

We have long established patterns of sinful behaviour in our lives. We hang onto these patterns because they SEEM to meet important needs in our lives. They SEEM to help us avoid pain. **People pleasing** is one example. We think we can't risk confronting others with the truth. We go to extremes to avoid and run away from problems or we hide behind anger and unforgiveness.

**Perfectionism** is another example. We judge others and ourselves without mercy. We try to do everything just right. As a result, however, we may blame others for past hurts and thereby feel superior to them. We may learn to lie, steal, and shield ourselves in secrecy to maintain our sense of control and now the truth is often difficult to tell, even about things that have nothing to do with alcohol or chemical use. It may be easier to lie than to tell the truth, to shoplift instead of pay, to withdraw and hide from others instead of talking to them.

We cannot make ourselves perfect or good enough for God. God is the only one who can remove the patterns of sin in our life. As we place our lives in God's hands and willingly agree with Him that His ways are right, we allow Him to remove our self-destructive behaviour patterns and to reform our will to match His will. This is not a one time event. It is a journey. Step 6 is a commitment to a new way of life and a continued obedience to the Lord of life.

### Questions for Reflection and Discussion

1. How does a person make God's desires their desires?
2. What has changed in my life so God's desires and priorities are now more and more my desires and priorities?
3. What do I need to do on a daily basis to actually live in this new way of continued obedience to God?