

Taking Steps

It is one thing to talk about rebuilding our lives; it is quite another to actually do it. God is interested in our actions. By taking things one day at a time, one step at a time, even overwhelming tasks become possible. The first step is always the most difficult, with the next step almost as hard. Sometimes each step is difficult, but we must focus on today's task and take action, trusting that God will empower us along each step of the journey.

We can make our plans, but the Lord determines our steps. (Proverbs 16)

The steps of the godly are directed by the Lord. He delights in every detail of their lives. Though they stumble, they will not fall, for the Lord holds them by the hand. (Psalm 37)

Often our struggle is not deciding whether we should do something but in doing it now. We may acknowledge our need to follow God and commit ourselves to do what He has told us. Yet when God reveals His will to us, we hesitate not realizing that now is the time to obey.

Sometimes we get caught in the "paralysis of analysis" as we get caught up in thinking about all the possibilities -- both positive and negative -- that surround our situation. We connect to the pain and disappointment from difficulties of the past. We worry about troubles in the future. We wonder how the whole situation can work itself out from where we are to where we need to get to. We get caught up in seeking human solutions to our problems with only our

limited human information. Our life and will must be turned over to God. Only then will we be able to make true progress in recovery. He sees possibilities we don't. He has solutions and connections that we cannot now see. He will guide us to the right people and the right places

Effective rebuilding of our lives involves action. It involves following through on what we believe will work for us, and even making steps when we are not sure that it will based on the advice of responsible and trusted advisors.

Whenever trouble comes your way, let it be an opportunity for joy. For when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be strong in character and ready for anything. If you need wisdom -- if you want to know what God wants you to do - - ask Him and He will gladly tell you.

(James 1)

Questions For Reflection and Discussion

1. Why do I procrastinate?
2. In what area of life do I need to take action to build the life I long for?
3. What keeps me from taking action today -- fear from past disappointments or worry about the future?
4. What has given me courage in the past to try and has gotten me past procrastination?
5. How do I face difficulty when I am trying to get something accomplished?
6. Where is God in all this for me?