

## Outline – Year One Life in Recovery

<b>Week</b>	<b>Topic</b>
1.	The Call to Come -- Wonderfully Made
2.	The Call to Come -- Promises
3.	Step 00 – How We Got To Where We Are
4.	Step 00 – What Keeps Me In Bondage
5.	Step 00 – Blueprint for Living
6.	Step 00 – Life Affirmation #1
7.	Step 00 – Life Affirmation # 2
8.	Step 00 – Life Affirmation # 3
9.	Step 1—Broken Down
10.	Step 2 – Power Greater
11.	Step 3 – Getting Life By Giving Obedience
12.	Step 4 – Taking Inventory With God
13.	Step 4 Inventory – Facing Fear
14.	Step 4 Inventory -- Attitudes
15.	Step 4 Inventory – Anger/Resentments
16.	Step 4 Inventory -- Selfishness
17.	Step 5 -- Accountability
18.	Step 6 –What Does Willing Look Like?
19.	Step 7 – A Healing Fire
20.	Step 8 – Grace Filled Living
21.	Step 9 – Wise & Sensitive Speech
22.	Step 10 – Growing the New
23.	Step 11—Practicing the Presence
24.	Step 12 – Extending the Invitation
25.	Seasonal – The Cross
26.	Seasonal – Step Guide -- Why Did Jesus Have To Die?

<b>Week</b>	<b>Topic</b>
27.	Relapse Prevention – Who Cares
28.	Relapse Prevention – Under the Veil
29.	Relapse Prevention – Looking Good
30.	Relapse Prevention – Why Do I Feel So Guilty
31.	Relapse Prevention – Soft Addictions
32.	Relapse Prevention – What Can I Do With Trouble
33.	Relapse Prevention – Wisdom & Smart Mouth
34.	Relapse Prevention – Life on the Cutting Edge
35.	Ten Commandments Overview
36.	Commandment 1
37.	Commandment 2
38.	Commandment 3
39.	Commandment 4
40.	Commandment 5
41.	Commandment 6
42.	Commandment 7
43.	Commandment 8
44.	Commandment 9
45.	Commandment 10
46.	Safe Foundations – Waiting For A Handout
47.	Safe Foundations – Following the Signal
48.	Safe Foundations – Co-dependent No More
49.	Safe Foundations – Authority Figures
50.	Safe Foundations – Choose Life Over Pleasure
51.	Christmas – Step Guide – Ordinary Folks in Extraordinary Stories
52.	Christmas – Step Guide -- Christmas The Ultimate Possibility

## Outline – Year Two Life in Recovery

<b>Week</b>	<b>Topic</b>
1.	First Steps – Serenity – What Is It?
2.	First Steps - Choices
3.	First Steps – First Things First
4.	First Steps – Plans That Work
5.	Step 00 – How We Got To Where We Are
6.	Step 00 – What Keeps Me In Bondage
7.	Step 00 – Blueprint for Living
8.	Step 1 – I Can’t do It Alone
9.	Step 2 – Hope in Faith
10.	Step 3 -- Obedience
11.	Step 4 -- Searching
12.	Step 4 Inventory – Facing Fear
13.	Step 4 Inventory -- Honesty
14.	Step 4 Inventory -- Attitudes
15.	Step 4 Inventory – Anger/Resentments
16.	Step 4 Inventory -- Selfishness
17.	Step 5 – Good Counselors
18.	Step 6 – Becoming Willing to Obey
19.	Step 7 – Stubborn Pride
20.	Step 8 – Forgiveness Before Amends
21.	Step 9 -- Fulfillment
22.	Step 10 – Spiritual Discipline
23.	Step 11 – Spiritual Refuge
24.	Step 12 – The Gentle Humble Way
25.	Seasonal – Easter – Waste Not Want Not
26.	Seasonal – Easter – Jesus Is Alive In My Life

<b>Week</b>	<b>Topic</b>
27.	Spiritual Warfare – The Invisible World
28.	Spiritual Warfare – Power to Choose
29.	Spiritual Warfare – What Are My Choices?
30.	Spiritual Warfare – Under Attack
31.	Spiritual Warfare – My Weapons
32.	Spiritual Warfare – Believing the Truth
33.	Spiritual Warfare – What Am I Saying?
34.	Depression – Victory Over
35.	Resist the Devil
36.	Christian Character – How To Succeed at Being Yourself
37.	Christian Character – Grace Giver Grace Robber
38.	Christian Character – Discernment
39.	Christian Character -- Responsibility
40.	Christian Character – Loving Fearlessly God
41.	Christian Character – Loving Faithfully – Each Other
42.	Christian Character -- Respect
43.	Christian Character -- Rights – Giving Them Up
44.	Christian Character – Communication
45.	Christian Character -- Gossip
46.	Challenges – Grudge Resentment Forgiveness
47.	Challenges -- Frustration
48.	Challenges -- Failure
49.	Challenges – Stinking Thinking
50.	Challenges -- Stress
51.	Seasonal Christmas – Jesus Birth & My Recovery
52.	Seasonal Christmas – Giving & Receiving Gifts

## Outline – Year Three Life in Recovery

<b>Week</b>	<b>Topic</b>
1.	Safe Foundations - Vacancy Vulnerability – Filling Up
2.	Safe Foundations – Serenity Prayer -- Acceptance
3.	Safe Foundations - Faith
4.	Safe Foundations – Abundance Poverty Balance
5.	Safe Foundations – Appreciation – Looking With
6.	Step 00 – How We Got To Where We Are
7.	Step 00 – What Keeps Me In Bondage
8.	Step 00 – Blueprint for Living
9.	Step 1 – Rotten to the Core
10.	Step 2 – What Do We Do With The New?
11.	Step 3 – Satisfaction by Submission
12.	Step 4 -- Moral
13.	Step 4 Inventory – Facing Fear
14.	Step 4 Inventory -- Attitudes
15.	Step 4 Inventory – Anger/Resentments
16.	Step 4 Inventory -- Selfishness
17.	Step 5 – Discovering & Telling the Truth
18.	Step 6 – Entirely Ready - Help
19.	Step 7 – Becoming Like Clay
20.	Step 8 – Sowing & Reaping
21.	Step 9 – Considering Others
22.	Step 10 – Looking in the Mirror
23.	Step 11 – The Wonder of God’s Care
24.	Step 12 – Sharing The Journey
25.	Seasonal –New Life in Christ – The Death That Kills All DyingThe
26.	Seasonal – Step Guide -- Why Did Jesus Have To Die?

<b>Week</b>	<b>Topic</b>
27.	New Life – Identity in Christ - 1
28.	New Life – Identity in Christ - 2
29.	New Life – Identity in Christ - 3
30.	New Life – Everyday Ways to build Your Faith
31.	New Life – Goals – God’s For You
32.	Challenges -- Problems – Untangling Knots
33.	Challenges -- Temptation
34.	Challenges -- Guilt
35.	Challenges -- Loneliness
36.	Challenges – Self Rejection
37.	Fruit – Commitment - Faithfulness
38.	Fruit – Delayed Gratification – Self-Control
39.	Fruit – Good Life-Character Community Courage
40.	Fruit – Happiness God’s Concept -- Joy
41.	Fruit – Love – What Is it?
42.	Fruit - Peace – Seek It
43.	Fruit - Wisdom of Accepted Tenderness - Kindness
44.	Fruit - Perseverance 2 - Patience
45.	Fruit – Strong and Tender Healer - Gentleness
46.	Staying & Sharing – A Refreshing Difference
47.	Staying & Sharing – Bringing Out the Best in Each Other
48.	Staying & Sharing – Sharing the Journey
49.	Staying & Sharing – Smiling is Serious Business
50.	Staying & Sharing – Thriving or Surviving
51.	Christmas – Step Guide – Trust
52.	Christmas – Step Guide – God Chooses Me