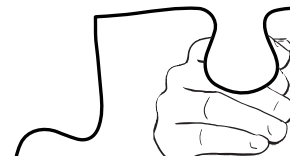
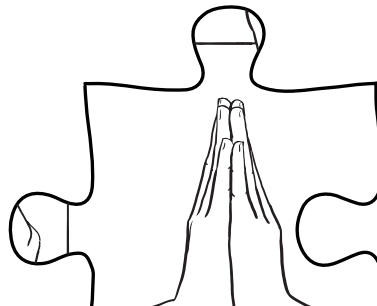
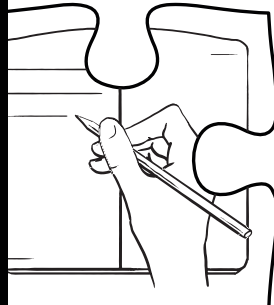
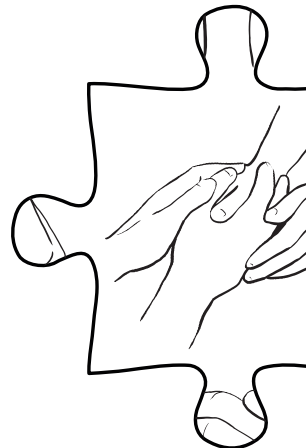
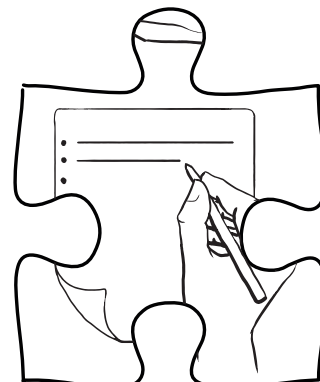
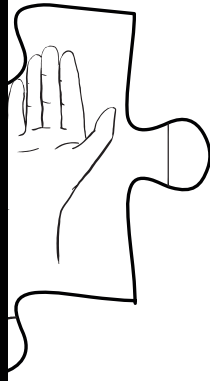
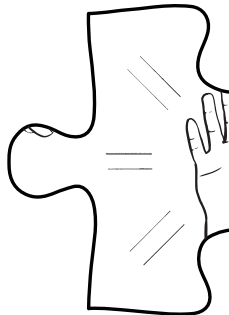
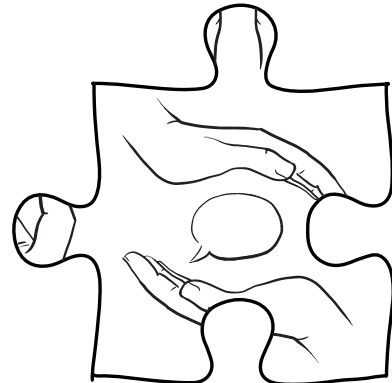
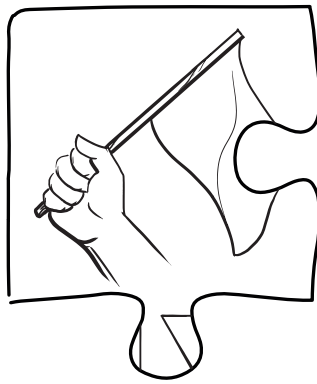
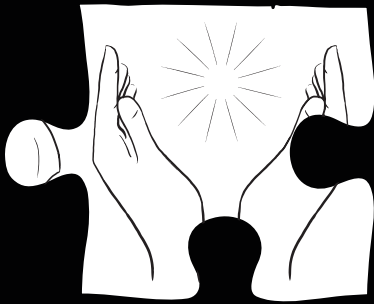


# EXODUS STEPWORK PROGRAMME

## STEP TWO

“We came to believe that God could restore us to sanity.”





# “We came to believe that God could restore us to sanity.”

**Doing the same thing over and over, and expecting different results**, is often explained to be *insanity*. Using this explanation, **addiction can easily be aligned with a type of madness**. In addiction, we **keep on irrationally returning to using, despite our obvious powerlessness and the unmanageability that is caused**, each time believing that, this time, we will be able to manage (control) our using.



I lift up my eyes to the mountains, where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

*Psalm 121:1-2*

In Step 1, the **insanity of our addiction was clearly revealed** as we explored our powerlessness and unmanageability in depth.

- How have the ways in which you have been living been *insane*?

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Now, in Step 2, we begin to **consider how we might be restored to sanity**.

- What is your definition of sanity?

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- Brainstorm 10-20 words that you associate with living sanely.


- What are the benefits of living sanely?

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- What needs to change for you to live sanely?

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Three principles that are indispensable in working Step 2 are **willingness, open-mindedness, and humility.**

**SPIRITUAL PRINCIPLE: WILLINGNESS**

Willingness refers to a **state of readiness and commitment** to do **whatever it takes** to sustain recovery.

- What are you willing to do to live sanely?

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- Is there anything that you are not willing to do for your recovery?

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- How might you overcome any reservations that you hold?

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- How are you already demonstrating willingness?

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**SPIRITUAL PRINCIPLE: OPEN-MINDEDNESS**

In addiction, we typically **operated on self-will**. For the most part, we closed-mindedly adhered to our own views and ways of doing things without, or despite, alternative counsel. If insanity is doing the same thing over and over, then sanity could be framed in terms of trying something new when the old thing hasn't worked.

Open-mindedness in recovery means being willing to **consider ideas and opinions that are new or different**.

- What have been the results of relying on self-will to manage your life?

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- How could closed-mindedness be a stumbling block, or threat, to your recovery?

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- How are you already demonstrating open-mindedness?

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### **SPIRITUAL PRINCIPLE: HUMILITY**

Humility refers to the state of being humble. This state is characterised by a **teachable spirit, freedom from false pride and arrogance, and a realistic view of one’s own strengths and weaknesses.**

- How could false pride and arrogance be a stumbling block to your recovery?

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- How are you already demonstrating humility?

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## **THE HOPE STEP**

After working Step 1, we **may be left feeling despondent**. Realising how insane our behaviour has been and how we have struggled to manage our own lives can be difficult to accept. We may be left **wondering how we will ever manage to get ourselves back on track and repair the damage** that has been caused.

This is why Step 2 is often referred to as **The Hope Step**. In the midst of uncomfortable and overwhelming realisations, **Step 2 helps us to see that restoration is possible and, furthermore, that we don’t have to fix our lives in our own limited strength**. We can benefit from **new management**.

There is a **greater power who can do for us all that we cannot do for ourselves. That power is God.** The revelation of Step 2 is that **God is real, He is present, and He can help us to recover.**

All that we must do is **open our minds to the possibility of God's power.**

- What are your hopes for the future?

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- Are you willing to accept help to resolve your problems?

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Now all glory to God, who is able, through His mighty power at work within us, to accomplish infinitely more than we might ask or think.  
*Ephesians 3:20*

## CAME TO BELIEVE

Belief in a God who can restore us to sanity **requires faith.** In the past, we placed our faith in our own abilities to run our lives, and that has proven fruitless. Such faith was misplaced and never did for us what we thought it would. Now, we actively **place our faith in God instead.**

Putting our faith in God is more than mentally acknowledging His existence. It is one thing to acknowledge that a chair will hold my weight. It is another thing to sit in it. When I sit in the chair, I truly believe in it. In Step Two, **we do more than acknowledge God's existence - we begin to exercise trust in Him to hold us.**

To make a difference in our lives, our **belief needs to settle, not only in our minds, but also in our hearts.**

At first, it may seem unrealistic to place our faith in a power that we cannot see or touch, especially for those of us who have never had a relationship with God before. That's okay. **Came to believe** suggests a **process**, incorporating a **shift in what we have always perceived to be true.** This may take some time.

It can be helpful to keep in mind that there are **already many indefinable powers that we do not doubt**, such as the power of love and the power of death. Rather than being based on intellectual proof, **faith is about spiritual conviction.**



Now faith is the assurance of things hoped for, the conviction of things not seen.  
*Hebrews 11:1*

- What does trust mean to you? What does it feel like for you to trust in someone or something?

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- Do you have a problem accepting the idea of a power greater than yourself? Why do you think this is the case?

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- Are you willing to reconsider what you have always thought to be true? How might this benefit you?

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- List three things more powerful than yourself.

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- How did you come to believe in each of these?

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- What do you currently believe and understand about God?

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- Select six words that best describe how you understand Him.

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|--------------------------------------|--------------------------------------|--|--|
| <input type="checkbox"/> Judgemental | <input type="checkbox"/> Strict      | <input type="checkbox"/> Negative      | <input type="checkbox"/> Rigid         |
| <input type="checkbox"/> Cruel       | <input type="checkbox"/> Arbitrary   | <input type="checkbox"/> Caring        | <input type="checkbox"/> Trustable     |
| <input type="checkbox"/> Loving      | <input type="checkbox"/> Purposeful  | <input type="checkbox"/> Compassionate | <input type="checkbox"/> Predictive    |
| <input type="checkbox"/> Distant     | <input type="checkbox"/> Indifferent | <input type="checkbox"/> Uncaring      | <input type="checkbox"/> Non-attentive |
| <input type="checkbox"/> Absent      | <input type="checkbox"/> Disengaged  | <input type="checkbox"/> Hoax          | <input type="checkbox"/> Unreal        |
| <input type="checkbox"/> Nonexistent | <input type="checkbox"/> Fanciful    | <input type="checkbox"/> Imaginary     | <input type="checkbox"/> Joke          |

- Find the six words you selected above and tick them again.

- | <b>Punishing</b>                     | <b>Accepting</b>                       | <b>Noninvolved</b>                     | <b>Nonexistent</b>                   |
|--------------------------------------|--|--|--------------------------------------|
| <input type="checkbox"/> Judgemental | <input type="checkbox"/> Caring        | <input type="checkbox"/> Distant       | <input type="checkbox"/> Hoax        |
| <input type="checkbox"/> Strict      | <input type="checkbox"/> Trustable     | <input type="checkbox"/> Indifferent   | <input type="checkbox"/> Unreal      |
| <input type="checkbox"/> Negative    | <input type="checkbox"/> Loving        | <input type="checkbox"/> Uncaring      | <input type="checkbox"/> Nonexistent |
| <input type="checkbox"/> Rigid       | <input type="checkbox"/> Purposeful    | <input type="checkbox"/> Non-attentive | <input type="checkbox"/> Fanciful    |
| <input type="checkbox"/> Cruel       | <input type="checkbox"/> Compassionate | <input type="checkbox"/> Absent        | <input type="checkbox"/> Imaginary   |
| <input type="checkbox"/> Arbitrary   | <input type="checkbox"/> Predictive    | <input type="checkbox"/> Disengaged    | <input type="checkbox"/> Joke        |

- Have you circled 3 or more words in any one category/column? What does this tell you about how you see God?

- A punishing God: who punishes our mistakes but does not reward or help.
- An accepting God: who accepts that we fail and cares anyway.
- A non-involved God: who is detached and unconcerned with our lives.
- A non-existent God: from whom no help is available.

- What do you think has shaped and influenced your view of God?

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- Do you think your understanding of God is accurate or could it have been distorted through past experiences?

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- If you have a negative conceptualisation of God, what could you do to understand His true nature better?

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## GOD COULD RESTORE US TO SANITY

In the Bible, God reveals himself as a **gracious, compassionate, all-powerful deliverer** who is able to liberate us from our bondage, if we let Him.

No matter where we've come from, who we are, or what we've done, none of it is too far gone for God's grace. **Testimony after testimony bears witness to the Almighty Power and unconditional love of God** that is able to transform us from the inside out and that is far greater and wider than anything we can even comprehend.

Below are 3 key concepts regarding the qualities of the God of the Bible.

○ **God is above us (transcendent)**

God is great; He is above all. He has created everything and therefore has complete authority and is in complete control.

○ **God is near (imminent)**

While God is above the fray of all the things of life, He chooses to draw near to us and care for us.

○ **God has a plan (provident)**

God is not just near us; He has a plan for our lives from the moment of our creation. He is working out these plans for those who trust and follow Him.



For we know that in all things, God works for the good of those who love Him, who have been called according to His purpose.  
*Romans 8:28*

Randy Frazee, *“Think, Act, Be Like Jesus”*, 2014

- Find one Biblical scripture that relates to God’s complete authority.

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- Find one Biblical scripture that relates to God’s love for us.

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- Find one Biblical scripture that relates to God’s plans for our lives.

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- Even if you didn’t realise it at the time, can you identify times in the past when God was working in your life for your good?

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- What have you heard and seen regarding other recovering individuals who have come to believe?

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- If possible, ask a recovering believer to tell you their story of coming to believe and the impact that this has had on their life.

- What is it about God that makes Him able to restore you to sanity?

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- What could God do for you that would be difficult for you to do for yourself?

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- What expectations do you have about being restored to sanity? Are your expectations realistic?

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- How is your sanity already being restored?

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- What sane things are you regularly doing now?

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## ONWARDS AND UPWARDS

T.D. Jakes notes that “our hearts don’t have the capacity for dual surrendering. We either yield to God, or we turn back and go our own way...”

We are ready to move on to Step 3, when we have faith, even as small as a mustard seed, in God’s ability to restore our hearts and minds and bring us into a place of wholeness.



**I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, “Move from here to there,” and it will move; nothing will be impossible for you”.**

*Matthew 17:20*

- Do you have any reservations about Step 2?

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- How might you overcome these reservations?

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- Do you trust in God to restore you to sanity?

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- What have been your most significant realisations in Step 2?

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- What is your personal prayer at this stage?

**STEP 2 PRAYER**

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- How could you apply the principles of Step 2 to help you **throughout** your recovery journey?

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- Are you ready to move on to Step 3?

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PROJECT  
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