# Celebrate Recovery Lesson 20: Daily Inventory

In **Celebrate Recovery lesson 20**, we begin applying what we have learned from the past lessons and discuss three ways to do a daily inventory – self-examination, Bible reading, and prayer! This should be an adventure!

Did you know that the Lord has actually provided you with a **daily checklist**for your new lifestyle? We’ll look at the verses in the New Testament that show the “Greatest Commandment!”

**Celebrate Recovery lesson 20**will continue working on **Principle 7**, which determines that we need time for daily Bible reading and prayer. This Daily Inventory lesson in Celebrate Recovery will also look at **Step 10**, where we continue to admit when we are wrong.

**Step 10**is the step from the Alcoholics Anonymous and [Celebrate Recovery](https://sharinglifeandlove.com/blog/what-is-celebrate-recovery/) programs. The **Step 10 Daily Action Plan**will be revealed in this lesson! It’s so exciting to learn and grow, right?

**Celebrate Recovery principle 7 is: Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.**

**In Step 10, We continued to take personal inventory, and when we were wrong, we promptly admitted it**

**So, if you think you are standing firm, be careful that you don’t fall!**

**1 Corinthians 10:12 (NIV)**

In **Celebrate Recovery lesson 20**, we will look at the three ways to do a **Step 10 Inventory,**and we’ll discover the powerful **Step 10 Daily Action Plan**! I LOVE applying things to real life, so I’m excited to present this lesson plan!

**As God’s messenger, I give each of you God’s warning: Be honest in your estimate of yourselves, measuring your value by how much faith God has given you.**

 **Romans 12:3 (TLB)**

**Celebrate Recovery Lesson 20**is the second lesson in the [Growing in Christ While Helping Others Participant’s Guide 4](https://amzn.to/3uYvI5h).

This lesson is crucial in order to grow in your recovery. Try to really put this lesson (your daily inventory) to use. **Apply**the applicable elements to your life in order to see a real difference in your journey!

**“Cling tightly to your faith in Christ and always keep your conscience clear,**

**doing what you know is right.”**

**1 Timothy 1:19**

According to the [Celebrate Recovery study guide](https://amzn.to/3uYvI5h), **Jesus**gave us the greatest commandment in the New Testament. In Matthew 22:37-40, we read about it, and we know we are to love God with all our heart, soul, and mind. The real question is, how can we show love to God?

Since you are **working through your recovery**, you probably know now that **trusting God**is a big part of it. You are walking through the [12 steps of recovery](https://sharinglifeandlove.com/product/celebrate-recovery-12-steps/) and the [8 Celebrate Recovery Principles](https://sharinglifeandlove.com/blog/celebrate-recovery-8-principles-of-recovery-what-they-mean/) of Celebrate Recovery.

I love how **James 1:22** explains that we need to do more than just [listen to God](https://sharinglifeandlove.com/blog/how-to-listen-to-god-11-genius-ways/) (or the Word). We need to **put the words of the Bible into action**. We are meant to be living examples of Jesus Christ. Maybe take a look at what your [spiritual calling](https://sharinglifeandlove.com/blog/what-is-my-spiritual-calling/) or [spiritual purpose](https://sharinglifeandlove.com/blog/discover-your-spiritual-purpose/) is!

As we look at how to accomplish **Step 10**of the **12 Steps of Recovery**, we’ll look at 3 ways to do this – ongoing, daily, and periodic.

**‘Love the Lord your God with all your heart…soul, and…mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.**

**Matthew 22:37-40**

#### Complete an ****Ongoing Inventory****.

With **an ongoing inventory**in recovery, we want to do our inventory continually. That means do it the moment it happens. If you are unsure of when to make amends with someone, do it now! Life is too short to wait on something like that. Be sure to also talk to your sponsor!!

When you **make amends**, for example, in the moment, you will rest easier at night.

You’ll know you went out into the world, hopefully better than you went into it!

**Intelligent people think before they speak; what they say is then more persuasive.**

**Proverbs 16:23 (GNT)**

#### Do a ****Daily Inventory****.

When it comes to doing **a daily inventory**, you need to think about your daily activities. What do you spend time doing? This includes both the good and bad things you do. Think about anyone you might have harmed and the times when you acted out of fear or anger.

If you don’t already have one, a **personal journal**is a smart choice to complete your daily inventory. Use a prayer binder or [prayer journal](https://sharinglifeandlove.com/blog/how-to-start-a-prayer-journal/) to speak to God about the mistakes you’ve made and all of the sin in your life! When you recognize your wrong, make amends!

**A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is.**

**Proverbs 16:21 (GNT)**

#### Perform a ****Periodic Inventory****.

A **periodic inventory**is one that you do once in a while. This is the time to USE the [prayer binder or journal](https://sharinglifeandlove.com/blog/what-is-a-prayer-notebook-or-binder/). You will truly dive into your daily entries, asking God to show you where you can make lasting improvements – changes in your life to make a difference.

When you do this type of inventory, it’s important to **take action**once you are done. This means **making amends**to those you have harmed. It’s never a fun activity, but when we are saved, we are promised eternal life that will make all this unpleasantness dissipate.

**Let no foul or polluting language, nor evil word nor unwholesome talk (ever) come out of your mouth, but only such (speech) as is good and beneficial to the spiritual progress of others.**

 **Ephesians 4:29 (AB)**

### *An Action Plan Based on Celebrate Recovery Lesson 20*

So, what do we need to do (other than the suggestions above) to complete **Celebrate Recovery Lesson 20**? It’s always important to ask this question in recovery. Your growth is dependent on how you apply what you learn to your life, not how many meetings you go to!

**It’s time we choose to embrace the new and improved self by following these simple actions:**

**Step 10 Daily Action Plan**

1. Continue to take daily inventory, and when you are wrong promptly make Amends.

2. Summarize the events of your day and Journal them.

3. Read and memorize one of the Step 10 Scripture Verses.

4. Work all steps and principles to the best of your ability.

#### #1. Do a daily inventory and make amends continually.

Every day record the good and bad parts of your day. God does not need us to only pray or journal about the negative things we are going through. He also wants to hear everything (good or bad) that is on our hearts!

**“Let us examine our ways and test them, and let us return to the Lord.”**

**(Lamentations 3:40)**

#### #2. Using a journal of some kind, summarize what happened during your day.

You can use a regular notebook of some kind for this.

**“If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. If we claim we have not sinned, we make him out to be a liar and his word is not in us.”**

**(1 John 1:8-10)**

#### #3. Memorize one of the Bible verses mentioned in this article.

[Memorizing Bible verses](https://sharinglifeandlove.com/blog/why-memorize-scripture-25-important-reasons-resources/) might seem like something you only needed to worry about as a kid, but it should be a part of your daily activities. Try a memory card system, a Bible memory book, or just make flashcards yourself. Maybe check out a Bible memory app – there are many!!

**“This is how I want you to conduct yourself in these matters. If you enter your place of worship and, about to make an offering, you suddenly remember a grudge a friend has against you, abandon your offering, leave immediately, go to this friend and make things right. Then and only then, come back and work things out with God.”**

**(Matthew 5:23-24)**

#### #4. Continue to work the steps and principles in Celebrate Recovery.

**“A wise, mature person is known for his understanding.**

**The more pleasant his words, the more persuasive he is.”**

**Proverbs 16:21**

***Daily Journal Headings***

**How am I Feeling Today?**

**What did I Do Right Today?**

**What it I Do Wrong Today?**

**Do I Owe anyone an Amends?**

**Do I need to Offer Forgiveness to Anyone?**

**If So, How Will I Do It?**

**What are my Prayer Requests?**

**What is the next Action I Need to Take in My Recovery?**

## *Tools to Build Your Relationship with God*

As you build a [relationship with God](https://sharinglifeandlove.com/blog/how-to-build-a-relationship-with-god-1/), your **heart and soul will change immensely**. You will learn [how to pray](https://sharinglifeandlove.com/blog/how-to-pray-for-beginners-a-complete-guide/) in a way that means something. We are instructed not to pray empty prayers but to speak from the heart and allow the Holy Spirit to speak for us.

Part of this life-changing experience for me was how I began to [study my Bible](https://sharinglifeandlove.com/blog/the-soap-bible-study-method-how-to-use-it-successfully/) each day. I **made God a priority**, and so can you. Just budget your time. Make goals, set smaller steps you can accomplish, and reach for the stars!

When I began [getting close to God](https://sharinglifeandlove.com/blog/how-to-build-a-relationship-with-god-2/), I changed from the inside out. I began to [develop strong friendships](https://sharinglifeandlove.com/blog/make-a-spiritual-friendship/), and so will you! Just step outside of your comfort zone, and find someone to [encourage you](https://sharinglifeandlove.com/blog/how-to-encourage-someone/) in a way that gets you moving near our Father in Heaven.

As you **warm up**to some of these ideas and use these tools to strengthen you, you’ll develop your own schedule for how you want to enlist various spiritual habits in your life. You might become an all-or-nothing person, as you can tell I am, but work with what you have!

**Study this Book of Instruction continually. Meditate on It day and night so you will be sure to obey everything written in It. Only then will you prosper and succeed in all you do.**

**Joshua 1:8 (NLT)**

***A Prayer from Celebrate Recovery Lesson 20***

***Dear God,***

***I am so appreciative for this day. Please give me the wisdom and insight to understand this lesson and work through the program. Help me live my life in a new and different way. I want to follow Your will above all.***

***Please help me to always make amends swiftly and request forgiveness when needed. As I grow and mature in Celebrate Recovery, I know You are with me. Bless my relationships with good health and solid, positive growth. I love You above all.***

***In Jesus’ name, I pray,***

***Amen***

***A Celebrate Recovery Lesson 20 Personal Account***

I’m Michele! I’m a grateful believer in Jesus.

I celebrate recovery from various addictions, including men and alcohol, and struggle with perfectionism and the need for control.

One thing I wanted to explain is that we are all at different stages when it comes to recovery. I have been to Celebrate Recovery and completed a 12-step recovery program. This does NOT mean that I am perfect, but as I mentioned, I struggle with wanting to be perfect!

Really, when it comes to an inventory after I told my initial inventory to my sponsor, I did not want to look back and know I had missed something. I’ve always been a tell-it-like-it-is type of person, so once I made amends to those I’ve harmed, I wanted to keep up with it.

Most of my notes on this lesson relate to my past and what I previously went through – divorce, addiction, and a real lack of [a relationship with God](https://sharinglifeandlove.com/blog/how-to-build-a-relationship-with-god-1/)! Now, I do struggle with some resentment, but with the help of the girls in my step study, I’m learning to forgive and let go.

It’s most important that we think about what God wants, not the people of this world. One day, Christ will come, and that will be all that matters, not why a relative didn’t call you on your birthday or something! Just be sure you are doing things for the right reason – an eternal cause!

You can read more about my journey in [my spiritual testimony](https://sharinglifeandlove.com/blog/a-great-spiritual-testimony-example/)!