

Lesson 10: Spiritual Inventory Part 1

Celebrate Recovery Lesson 10: Spiritual Inventory Part 1 helps you create the inventory for your entire life. Without the inventory, your recovery process would not be complete.

We have covered some of these: Moral inventory, Inventory, Spiritual Inventory 1 and Spiritual Inventory 2

Take all of these lessons one at a time, and try to press on, even when things become challenging! You are building a stronger relationship with God, so remember that He will get you through this if you just have faith!

If you become discouraged in writing your inventory, be sure to reach out to your accountability team – the people you have turned to for support in the last few lessons. These individuals can help encourage you and give you the motivation you need to complete your inventory.

In Celebrate Recovery lesson 10, you will continue to work on your spiritual inventory, which is impossible without the Lord! While many things are possible in this world, **But with God, all things are possible!**

This lesson is in line with Step 4 of Alcoholics Anonymous (AA) and Celebrate Recovery (CR). It also goes with CR principle 4 of the Celebrate Recovery 8 Principles.

Continue to use the Inventory Worksheet that we have given out previously or if you've never received one just ask.

Remember all lessons and steps must be done in order.

So, What is Celebrate Recovery Lesson 10: Spiritual Inventory Part 1?

Principle 4 is: to

Openly examine and confess my faults to myself, to God, and to someone I trust.

Happy are the pure in heart.

Matthew 5:8

Step 4 is: **We made a searching and fearless moral inventory of ourselves.**

Let us examine our ways and test them,

And let us return to the Lord.

Lamentations 3:40

In Lesson 10, we get the motivation to write our spiritual inventory. A worksheet is available to help you write your spiritual inventory.

You should have built your accountability team in Celebrate Recovery Lesson 7: Sponsor and started writing your moral inventory in Celebrate Recovery Lesson 8: Moral. You continued writing your inventory in Celebrate Recovery Lesson 9: Moral Inventory – our last lesson!

**“Given love and opportunity,
Every child and adult can recover.
All who know this and have capacity to help others should assist as they can.”
Dallin H. Oaks**

What Does “Celebrate Recovery Lesson 10” Mean?

*The LORD is a shelter for the oppressed,
a refuge in times of trouble.
Psalm 9:9 (NLT)*

How Do I Start My Spiritual Inventory?

As you begin making your spiritual inventory, you might notice things, such as sin, that are blocking your way. These things are preventing God from working productively in your life.

Search your heart to determine what sin is keeping you from God. The points in this lesson will help you identify some of these things, so you can deal with them properly.

Work on building your relationship with Christ Jesus. Invite the Lord into your heart as you create your spiritual inventory! Remember that all we do is meant to glorify our Savior!

*Search me, O God, and know my heart; test me and know my anxious thoughts.
Point out anything in me that offends you, and lead me along the path of everlasting life.
Psalms 139:23-24 NLT*

Your Relationship with Others

Think about your relationship with others. Ponder who has hurt you, who you’ve held resentment toward, or even who you have sought revenge against – if you have such a person! If you are jealous of someone, think about them during this time.

If you used the Inventory Worksheet from the last lesson, you will be referring to the people from Column 1. These are the people that have impacted your life – for good or bad!

**Think about those who you have hurt, criticized, or gossiped about.
Do you blame others for your bad attitude?
Do you claim the wrong in your life as their fault?**

Even if the wrong in your life has been caused by others, you should think on your part in the matter. Look toward the future, and think about what you can do to change things – going forward. Dwelling on the past will get you nowhere.

The people who you have impacted or influenced will go in Column 5 of the Inventory Worksheet. The difference here is that one set of individuals did something to you, while the other set is individuals you did something to.

***Forgive us our sins,
Just as we have forgiven those who have sinned against us.
Don't bring us into temptation but deliver us from the Evil One.
Matthew 6:12-13 (TLB)***

**“Someone once asked me how I hold my head up so high after all I have been through.
I said it's because no matter what,
I am a survivor,
Not a victim.”
Patricia Buckley**

The Priorities in Your Life

As we've talked about, it's time to put God first. That means making your time with God an important part of your life – a real priority! Think about what areas of your life you are still putting before God.

Some examples of things that might be interfering with your relationship with God could be your career, hobbies, pleasures, ambition, money, personal goals, or your friendships.

As you spend time with God, here are a few Bibles and reference books to help you focus on spending one-on-one time with God.

***Seek the Kingdom of God above all else, and live righteously,
and he will give you everything you need.
Matthew 6:33 NLT***

Your Attitude

Your attitude is everything, as it affects everything and everyone around you. Consider the many ways you are affected by the negativity of others. It truly impacts you, right? It's time for you to think about how you act around other people.

Answering a few questions might help with this process.

- **Do you frequently complain about your circumstances?**
- **How do you show an ungrateful attitude?**
- **Do you easily get angry and blow up?**
- **Are you sarcastic a lot?**
- **Do you frequently exaggerate?**
- **How is your past causing you fear and anxiety?**

*Get rid of all bitterness, rage, anger, harsh words, and slander,
as well as all types of evil behavior.
Ephesians 4:31 NLT*

Your Integrity

It's important to think about your integrity – what you are made of. If you had poor integrity in the past, it's time to change things and shape up! There's no reason to continue acting sinfully if you can change your ways and become a shining example of Christ.

Answer a few questions to determine your integrity.

- **In what ways have you previously been dishonest?**
- **Did you steal?**
- **Did you exaggerate to make yourself look better than you are?**
- **When have you used false humility?**
- **Have you acted one way in front of Christian friends while acting another way at home or at the office?**

Celebrate Recovery suggests that you memorize Isaiah 1:18 to help you face your past in front of God. Having a heart-to-heart conversation with God will help you get closer to Him, and you will see Him grow closer to you, as well!

*“Come now, let's settle this,” says the LORD. “Though your sins are like scarlet,
I will make them as white as snow.
Though they are red like crimson, I will make them as white as wool.
Isaiah 1:18 NLT*

*Don't lie to each other,
for you have stripped off your old sinful nature and all its wicked deeds.
Colossians 3:9 NLT*

Celebrate Recovery Lesson 10 Questions

These questions will help you with your Moral Inventory Worksheet. Go through them as slowly as you need to. Take breaks and answer them honestly and with your Celebrate Recovery group to get the most out of this experience!

Note: These questions come from Taking an Honest and Spiritual Inventory: Participant's Guide 2 – the Celebrate Recovery study guide for this lesson. Some have been slightly reworded, but the message is the same. Take your time in filling this section out!

Your Relationship with Others

With these questions, you'll think about your relationship with others. Think about whether or not you have more healthy relationships than unhealthy ones. Consider what you need to change in your life to have a healthier balance.

- **Who has hurt you, and how did they specifically hurt you?**
- **Are you holding a grudge against someone? Who?**
- **Are you jealous of anyone? If so, why?**
- **Who have you hurt, and how did you hurt them?**
- **Have you been gossiping about someone? Why?**
- **Are you critical of others? Why?**
- **How have you tried to place the blame on others? Be specific.**
- **What are some new healthy relationships that you have developed in recovery?**

“Take it one day at a time!”

The Priorities of Your Life

Now is the time to think about the priorities of your life. Where does God fit in? He should be your top priority, so in answering these questions, decide how you will make Him a greater priority in your life. Consider which things you need to adjust in your life.

Go through the following questions and instructions for the priorities of your life.

- **What areas of your life have you turned over to the Higher Power, Jesus Christ?**
- **In what areas of your life are you still not putting God as the top priority? What can you do to change this?**
- **What part of your past is keeping you from pursuing and following God's will for your life?**
- **List your personal goals for the next 90 days. Keep the list simple.**
- **Number the following list in order of your priorities.**
 - **Family**
 - **Career**
 - **Christ**
 - **Church**
 - **Friendships**
 - **Money**
 - **Recovery**
 - **Ministry**

Your Attitude

Be honest in the assessment of your attitude. It can affect the world around you. Plus, your attitude will make or break you.

If you are positive, your outlook will affect your circumstances in a positive way. Look for the ways you need to change your attitude.

Answer the following questions as honestly as you can.

- **In what areas of your life are you thankful?**
- **In the past, where have you been ungrateful when you should have been grateful?**
- **What things cause you to lose your temper?**
- **Give examples of times when you have been sarcastic.**
- **What do you worry about the most?**
- **How has your attitude changed since you've joined recovery?**

Your Integrity

Your integrity makes up who you are. Honesty and integrity can mean the difference between a positive outcome and a negative one. If you are not honest in this section, your recovery will suffer. You need to examine yourself to determine what areas of your life need to be changed.

Answer the following questions about your integrity.

- **When in the past have you exaggerated to make yourself look better?**
- **Does your Christian walk match your talk? Are your actions and behavior the same at church as they are at home?**
- **When in the past have you used false humility to impress others?**
- **Have your business dealings been dishonest in the past?**
- **Have you ever stolen anything?**
- **List the many ways you have stepped out of denial and into God's truth.**

**“Recovery can take place only within the context of relationships;
It cannot occur in isolation.”
Judith Lewis Herman**

My Story – Celebrate Recovery Lesson Ten

Hello! I'm Michele and am a grateful believer in Jesus Christ. I celebrate recovery from addictions and alcoholism, and I still struggle with perfectionism and social anxiety.

In reviewing Celebrate Recovery Lesson 10: Spiritual Inventory Part 1, I was thinking about priorities. Is it not of the utmost importance that we make God the top priority in our lives?

You might be thinking, "Yes, I know this, Michele, but practicing it is not as easy as all that." I know you can "fake it till you make it," but I also know that you can make changes in your life!

We have the ability to improve our lives every day and with every decision we make. As you think about the aspects of your life (job, hobbies, passions, church, goals), how could you intertwine these things with your faith?

Think about your friendships. Why not build friendships with other believers rather than those people who led you into recovery in the first place? Surrounding yourself with positive people with the same values as you ensures success!

Think about your personal goals. Consider reworking those goals to be spiritual goals. You can really make any goal a spiritual goal if you consider your ultimate purpose!

Personally, I get caught up with my personal goals too much. I think my to-do list or daily checklist is the most important thing on my calendar, and I tend to make that my top priority. Granted, I have included God in most of my plans, but not always.

We must make our Lord our top priority. He is the most important priority! Look at some examples of spiritual goals to help you rework your circumstances to include God more in your life.