

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 programs. The Step 10 Daily Action Plan will be revealed in this lesson!

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)

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.*

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)

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!

We will learn how to apply these things to real life.

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, 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.

‘You must love the LORD your God with all your heart, all your soul, and all your mind.’ This is the first and greatest commandment. A second is equally important: ‘Love your neighbor as yourself.’ The entire law and all the demands of the prophets are based on these two commandments.” Matthew 22:37-40 NLT

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 and the 8 Celebrate Recovery Principles of Celebrate Recovery.

James 1:22 explains that we need to do more than just listen to God (or the Word).

“But don’t just listen to God’s word. You must do what it says. Otherwise, you are only fooling yourselves.” James 1:22 NLT

We need to put the words of the Bible into action. We are meant to be living examples of Jesus Christ. Maybe take a good hard look at what your spiritual calling or spiritual purpose is!

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

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!

*From a wise mind comes wise speech; the words of the wise are persuasive.
Proverbs 16:23 NLT*

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 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!

*The wise are known for their understanding, and pleasant words are persuasive.
Proverbs 16:21 NLT*

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. You will truly dive into your daily entries, asking God to show you where you can make lasting improvements – changes in your life that will 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.

*Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.
Ephesians 4:29 NLT*

An Action Plan Based on Celebrate Recovery Lesson 20

So, what do we need to do 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 we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.
(1 John 1:8-9)**

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

Memorizing Bible verses 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!!

**“Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.
(Matthew 5:23-24)**

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

**Keep their words always in your heart.
Tie them around your neck.
When you walk, their counsel will lead you.
When you sleep, they will protect you.
When you wake up, they will advise you.
Proverbs 16:21-22**

Daily Journal Headings

How am I Feeling Today?

What did I Do Right Today?

What did 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, your heart and soul will change immensely. You will learn how to pray 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 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 we begin getting close to God, we change from the inside out. We begin to develop strong friendships, and so will you! Just step outside of your comfort zone, and find someone to encourage you 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.

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