

## Lesson 9: Inventory

One of the most important parts of your recovery happens in Celebrate Recovery lesson 9: Inventory, because you create the moral inventory of your whole life. Without this step, your recovery process would not be complete.

During this lesson, you will need to stay positive, as you will be looking once again at both the good and the bad of your life. It will be a challenge, but it will strengthen you at the same time.

As you move forward in this lesson, a sponsor or accountability partner (the members of your accountable support team) will be needed to help hold you accountable, so make sure you have them in place before you get started!

In Celebrate Recovery lesson 9, you will write your moral inventory – a task that is impossible without the help of the Lord! Remember that many things are possible in this world, **but with God, all things are possible. (Mark 10:27)**

Celebrate Recovery lesson 9 will encompass the previous eight lessons and will place you on your road to recovery!

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

### What is Celebrate Recovery Lesson 9: Inventory?

**Celebrate Recovery 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)***

Trust God as you begin this lesson, as you might struggle with making your moral inventory. He will get you through this!!

In Celebrate Recovery lesson 9, we are given the tools we need to write a moral inventory. There is a free worksheet at the end of this lesson to help you with your moral inventory.

You should have already built your accountability team from CR Lesson 7: Sponsor and have the necessary brainstorming completed from CR Lesson 8: Moral. That lesson explained the importance of a moral inventory and how to get started!

**“Stay positive,  
Your body hears everything you think.”  
Karen Gibbs**

## **What Does “Celebrate Recovery Lesson 9” Mean?**

You might be wondering what these lessons are and what this CR vocabulary even means.

It can be a little confusing if you are new to recovery but go to a few meetings, and it will all make sense.

Celebrate Recovery is a 12-step, Christ-centered recovery program for those with hurts, habits, or hang-ups. This actually applies to all of us!

The Celebrate Recovery leader guide might vary from the participant’s guide, but all of the teachings are from the Bible. They are based on the Beatitudes (Matthew 5) from the New Testament, so when you study the Celebrate Recovery 8 principles, those are the scriptures being used.

*God blesses those who work for peace,  
For they will be called the children of God.  
God blesses those who are persecuted for doing right,  
For the Kingdom of Heaven is theirs.  
Matthew 5:9-10 (NLT)*

## **Celebrate Recovery Lesson 9 Highlights**

As mentioned, you should have your accountability team by now. If not, try to work harder at making friends in your next Celebrate Recovery meeting.

As you build friendships in CR, you’ll notice that you are closer to success than ever before. You’ll also find encouragement from these people as you walk along this journey.

It’s not always easy trusting other people, but if you work through these lessons with other CR participants, you’ll get greater rewards than doing so by yourself!

For this lesson, we will walk through the questions and points presented in the study guide so that you can complete your moral inventory and share it with your sponsor or accountability partner.

## **How Do I Start My Inventory?**

We previously talked about setting aside a proper place and time to start your moral inventory. Make sure you involve the Lord in this process, as this is a surefire way to success!

You can use the [FREE Moral Inventory Worksheet](#) provided with this lesson or a pad of paper or notebook. Divide your page into 5 sections, which will help you focus on what's important.

Remember, during this process, you are growing in your relationship with Christ Jesus, so invite Him in your heart as you create your inventory!

### **Column 1: The Person**

In this column, list all the people or things that you fear or resent. Remember as far back as you can. Who tried to control and dominate you?

Celebrate Recovery describes resentment as unexpressed fear or anger. You don't want to hold on to any of this, as it will hinder your recovery! List everything!!

*Get rid of all bitterness,  
Rage,  
Anger,  
Harsh words,  
And slander,  
As well as all types of evil behavior.  
Ephesians 4:31 (NLT)*

**“We’re all looking at the people around us,  
The people who have gone before us who have succeeded in recovery and have long-term  
sobriety and they are illustration for us of how good it can be.”**

**Scott Stevens**

### **Column 2: The Cause**

List specific actions that were taken against you in this column. If someone hurt you, list the specifics of what happened. Think about what made you feel fear or resentment. It's important that you are as detailed as possible, as you will want to explain these things to your sponsor.

Being detailed by simply writing the words will help you remember what has happened in your past. According to CR, hurt people often hurt others, so you may have a lot of hurt and disappointment. Try not to let this get you too down, as it can be painful. Think about the good things to balance things out!

***Don't be afraid, for I am with you.  
Don't be discouraged, for I am your God.  
I will strengthen you and help you.  
I will hold you up with my victorious right hand.  
Isaiah 41:10 NLT***

### **Column 3: The Effect**

List how the specific hurtful actions affected your life in the way that they did. Think about reality and recall the events that shaped your life.

To come up with the effects, ask yourself a few questions.

- **What effect did these actions have on your past and present life?**
- **How did you overcome these past hurts, or how are you still overcoming them?**
- **What do you plan to do next in regards to these actions?**

***Remember, you have God on your side and you can accomplish anything!***

### **Column 4: The Damage**

List the ways that you were injured by the things that have happened in your past. As this step will be difficult, be sure to enlist the help of those you trust and spend plenty of time with God. Remember that you can overcome anything you set your mind to!

Some of the basic instincts that might have been injured or damaged include social, security, and sexual. Socially, you might have broken relationships or have had to deal with slander and gossip. If you have a broken or damaged marriage, you probably know pain very well.

Your security may have been threatened if you experienced physical harm or financial loss. Sexually, you might have had damage if you were in a sexually abusive relationship or have damaged intimacy in your life.

I love how the Celebrate Recovery literature explains how to get through this section. Remember that no matter how you've been hurt and no matter how much loss you have felt, God is here for you to comfort and restore you, so be sure to lean on Him during this time!

*I will search for my lost ones who strayed away,  
and I will bring them safely home again.  
I will bandage the injured and strengthen the weak.  
But I will destroy those who are fat and powerful.  
I will feed them, yes—feed them justice!*  
Ezekiel 34:16 NLT

**“Recovery will always challenge you with tests you must past and lessons you must learn.”**  
**Tracy Malone**

### **Column 5: My Part**

List your responsibility in everything. This won't be easy because you might not realize where you are in the wrong. Pray to God to ask Him to show you what was or is your part in a damaged relationship. Ask for Him to reveal the part you played in a job loss or other loss in your life.

Additionally, you should list everyone you have hurt and how you have hurt them. Since you might not realize your part in all this, you will want to dig deep and pray plenty! Brainstorm the many things that have gone wrong in your life, and everything will soon all fall into place.

*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.*  
Psalm 139:23-24 (NLT)

### **A Special Note for Abuse**

If you were in an abusive relationship, especially as a child, this part of your inventory will be a bit different. Realize that you played NO part and had NO responsibility for the damage that happened to you!

For relationships like this, just write “None” in column 5 and begin liberating yourself from any shame or guilt that you have been carrying around. For more information on this, consult your CR literature or talk to your sponsor or group leader.

For those who have been in a sexually or physically abusive relationship, after speaking about this with your sponsor, group leader, or Pastor realize that Celebrate Recovery has rewritten Step 4 for you. This is what you should memorize for step four instead:

*We made a searching and fearless moral inventory of ourselves, realizing all wrongs can be forgiven. Renounce the lie that the abuse was our fault.*

### **More Celebrate Recovery Lesson 9 Tools**

Along with these great points when creating your moral inventory, Celebrate Recovery has additional suggestions on how to get through this lesson. It is suggested that you memorize scripture, specifically Isaiah 1:18.

*“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*

*“We must be content to grow slowly.  
Most of us will still barley be at the beginning of our recovery by the time we die.  
But that is better than killing ourselves pretending to be healthy.”  
Simon Tugwell*

*Don’t worry about anything;  
Instead, Pray about everything.  
Tell God what you need,  
And thank Him for all He has done.  
Philippians 4:6 (NLT)*

### **Celebrate Recovery Lesson 9 Questions**

*These questions go directly with your Inventory Worksheet.*

- *Who is the person or object you resent or fear?*
- *What action did that individual take that hurt you?*
- *What effect did that action have on your life?*
- *How did that action damage your basic instincts?*
- *What part of the effect are you responsible for?*
- *Who have you hurt?*
- *How did you hurt them?*

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## RECOVERY INVENTORY WORKSHEET

Use this worksheet with [Celebrate Recovery Lesson 9: Inventory](#).

The Person

The Cause

The Effect

The Damage

My Part



[sharinglifeandlove.com](http://sharinglifeandlove.com)

## My Story – Celebrate Recovery Lesson 9

I'm Dennis and I am a grateful believer in Jesus Christ. I celebrate recovery from drugs and alcoholism. I continue to struggle with resentments, anger and selfishness.

As my moral inventory is reserved for myself, God, and my sponsor, I won't be sharing that here, but I will talk about the experience I had in working on it. It was rather complicated. There are things that have happened in my life that I don't like to share.

I've noticed when you share personal things with other people, they often look at you differently. It's like, wow, I didn't know *that* about you! *Now* I have juicy gossip to share!! Have you ever felt that way? I think when it comes to this process, you have to trust God.

Know that you are doing your best to choose someone to confide in, and the Lord is watching over this experience. He knows that you will be alright – no matter what this person thinks of you. I was fortunate to have a trustworthy sponsor, and I think you must pick someone like this.

At the same time, know that God has your back. He is watching over you, and you can grow from this experience. However, you will only get *out* of this experience what you choose to give *to* it.

If you only halfway go through recovery, you will only halfway recover!

Try to remember to build upon your relationship with God as you go through this experience. If you learn nothing else from it, knowing who Christ Jesus is and what He has done for you will be the best knowledge worth having! He is our Lord and Savior!! Amen!