

Session 28 – Step 10 – MCARE; Intro Step 11

Lesson Plan

Time	Activity
0:00	Opening Prayer Plan for the session Catch Up Sharing – Step 9 – Final?; Exercise S10.1 Sharing – Exercise S10.2 Introduce Step 11 Step 11 Assignments
0:05	Catch-up Sharing Step 9 – Final? Exercise S10.1
0:15	Share Exercise S10.2 Ask one man to share his MCARE – total, daily scores (high, low, patterns, aberrations, etc.), most prevalent issues. What did this tell you? To others, what did you learn from this? Feedback and crosstalk. As time permits, ask another man to share his MCARE. Similar questions and discussion.
0:40	Share Exercise S10.3 Ask one man to share one reflection. Ask about his feelings? Learnings? Feedback and Crosstalk. Repeat process with as many men as time allows.
1:00	Introduce Step 11 See notes below.
1:20	Assignments Read Chapter 11 Exercises 11.1 and 11.2 – read instructions from exercise
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

Leader Discussion Notes

Intro Step 11

Read Step and associated verse – p. 147

Healing without a spiritual component is not possible. Do not confuse relief with true healing from our affliction.

Step 11 – antidote to living in this broken world. Improve our connection with God; trust in His will for us. We ask for knowledge of God’s will and the power, or courage, to carry it out.

Session 28 – Step 10 – MCARE; Intro Step 11

We learn to keep our serenity during painful or difficult times. Trusting in his care and knowledge of His will for us, we learn to say, “Blessed is the name of the Lord” in all circumstances. (Hymn – It Is Well With My Soul) We know the end of the story and where we are headed.

In recovery, we are still broken human beings, slowly being transformed, sanctified, and healed by the Lord. We must continue to allow God to renew our minds in order to continue to be transformed. This is done through improving our conscious contact with God.

Primary Methods:

- Prayer
- Sacred (worship) music
- Bible reading (listening) – user manual for the human race; important for meditation
- Meditation (Phil 4:8) – Think about whatever is true, honorable, right, pure, lovely, admirable, excellent, or praiseworthy

All of these methods require time, quiet, solitude! Intentional, not accidental.

As we increase conscious contact, we can expect to see fruit. (Gal. 5:21-23)

Step 11 prayer, p. 156

Jesus and the 12 Steps – Denison

The Walk to Emmaus – Luke 24: 13-53

Bill W – a skeptic of all things spiritual, until ... One night, during a hospital stay due to his abuse of alcohol, he cried out, “If there be a God, let him show himself. Suddenly, my room blazed with an indescribable white light. I was seized with an ecstasy beyond description. Then came the blazing thought, ‘You are a free man.’” After that night, Bill never drank again. As he proceeded into recovery, he embraced a daily practice of “quite time” for prayer and meditation.

Developing our “conscious contact with God” is not only at the center of Step 11; it is foundational for lasting recovery.

Walk to Emmaus – Cleopas and friend. They were walking home – 7 miles – west of Jerusalem. They knew that the body of Jesus was missing from the tomb. They knew of Jesus’s teachings and promises, but they walked in their fears. They discussed and reflected on everything that happened when Jesus was among them. Jesus joined them on the road, but they did not recognize him. They told him about events of the past 3 days. Then they invited him to stay with them and share a meal. Jesus reminded them of his teachings and the prophesy of the

resurrection. When he broke the bread, they recognized him. At that, he disappeared. The 2 men immediately set off for Jerusalem to tell the disciples the good news.

Lessons related to addiction and recovery:

- Pain is rooted in trauma and isolation. Trauma – “We had hoped that he was the one who was going to redeem Israel.” Isolation – 2 men walking away from Jerusalem. Away from the rest of the disciples.
- God is closer than you think. Man’s ability to see God or recognize him does not invalidate his presence. You can be in God’s presence without feeling His presence.
- The Answer is Not more information. Cleopas and friend discussed what they knew for hours. Jesus added to their conversation. But they recognized Him when he broke the bread. Conscious contact with God is pretty simple – take in scripture, prayer, and meditation. Not complicated. If you wait until you fully understand the God of the universe, it will never happen. The key to lighting a room is flipping a switch, not understanding electricity.
- God’s revelation is progressive. Almost no one ever responds to God the first time. There is usually a period of doubt, analysis, and trial and error. On the road to Emmaus, Jesus joined them, talked with them, entered a home, etc. and they did not recognize Him. Once he broke the bread, they saw Him. It takes time to see God right in front of us.
- Recovery may not begin with Jesus, but it ends there. In SA, SAA, or Castimonia, the only requirement for membership is “a desire to stop acting out”. Recognition of a Higher Power is not required at the beginning; however, working the 12 Steps require a man to make some decisions about his Higher (or Highest) Power. Put succinctly, the men who founded Castimonia and AMP Recovery are clear that Jesus Christ is their Highest Power.
- Recovery Always Includes Some Heartburn. “Were our hearts not burning within us while he talked to us?” The addict always seeks a softer, easier way. We prefer the problem we know to the solution we don’t know. We often balked at meetings, therapy, clinical disclosure, etc. Confessing your sins, living outside of your head, and charting a new course will bring heartburn. It is a good heartburn, but it still burns.
- Recovery Follows a Predictable Pattern. 6 simple steps in the Road to Emmaus story apply to recovery.
 - a. We hear it.
 - b. We give up on it.
 - c. We hear it again.
 - d. We understand it.
 - e. We embrace it.
 - f. We give it away.
- The Measure of the 11th Step is working the 12th Step. In the Emmaus story, once the two men made conscious contact with God, they were ready to take their message to others.

Session 28 – Step 10 – MCARE; Intro Step 11

- We Sought. God blesses seekers. William Lane Craig – If you are sincerely seeking God, God will make his existence evident to you.
- Through Prayer and Meditation. These are the vehicles by which we find and maintain conscious contact with God. (Personal opinion – Intake of scripture precedes both of these. Reading or hearing God’s word is critical to any life of prayer and meditation.)
- To improve. Take our contact with God to a higher level.
- Conscious Contact with God. Rick Warren – The most common mistake Christians make in worship today is seeking an experience rather than seeking God. We are not seeking the experiences that God gives, we are seeking the God who gives experiences.
- Praying for Knowledge of His Will – We cannot do God’s will until we know it. This comes through the Word, wise counsel, and prayer.
- The Power to Carry It Out. Doing God’s will is the ultimate goal. Billy Graham – Don’t let your past mistakes keep you from seeking God.