

THE POWER TO CHANGE
Step 1: Powerlessness
Pastor Joel King – 01/12/2025



Daisy's Story

There is Strength for the Powerless

- Matthew 5:3 (The Message)
"You're blessed when you're at the end of your rope. With less of you there is more of God and his rule."

- Romans 7:14-20 (The Message)

Step One

- **Step 1 - We admitted we were powerless and that our lives had become unmanageable.**

- "The first requirement is that we be convinced that any life run on self-will can hardly be a success." – *AA Big Book*
- "Why all this insistence that every A.A. must hit bottom first? The answer is that few people will sincerely try to practice the A.A. program unless they have hit bottom." - *12 Steps and the 12 traditions*
- We were in a position where life was becoming impossible, and if we had passed into the region from which there is no return through human aid, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best we could; and the other, to accept spiritual help. This we did because we honestly wanted to, and were willing to make the effort – *AA Big Book*

- Luke 7:47 (NLT)
“I tell you, her sins—and they are many—have been forgiven, so she has shown me much love. But a person who is forgiven little shows only little love.”

The Challenge of Denial

- “Step One is an admission of the central problem we face as addicts: our powerlessness over an addictive substance or compulsive behavior and the unmanageable life that has resulted. Once we can admit our powerlessness, a door opens to the solution to our problem. As long as we deny our powerlessness, however, our problem cannot be solved.” - *Twelve Step Sponsorship*
- “Who cares to admit complete defeat? Practically no one, of course. Every natural instinct cries out against the idea of personal powerlessness.” - *12 Steps and the 12 traditions*
- Many less desperate alcoholics tried A.A., but did not succeed because they could not make the admission of hopelessness. As this trend grew, they were joined by young people who were scarcely more than potential alcoholics. They were spared that last ten or fifteen years of literal hell the rest of us had gone through - *12 Steps and the 12 traditions*

Jesus is our Strength

- Romans 7:24-25 (The Message)
²⁴ I’ve tried everything and nothing helps. I’m at the end of my rope. Is there no one who can do anything for me? Isn’t that the real question?
²⁵ The answer, thank God, is that Jesus Christ can and does. He acted to set things right in this life of contradictions where I want to serve God with all my heart and mind, but am pulled by the influence of sin to do something totally different.

What Now

- **Pray** for the Holy Spirit to reveal the truth to you
- **Reflect** at the deepest level possible how unmanageable has your life become as a result of your powerlessness
- **Talk** to someone trusted about the unmanageability of your life
- **Ask** yourself, “How’s your way working for you?”