

HURTS, HABITS AND HANGUPS

12 Steps to Healing the Natural Man and Woman

Step 10- Take daily personal inventory and when you are wrong, promptly admit it and ask Heavenly Father for help.



In the previous steps, we learned to surrender our wills and trust in the guidance of a loving Heavenly Father. We made a searching inventory of our self and admitted to ourselves and others those weaknesses that need to be changed. With that clearer

understanding we humbly asked Heavenly Father to remove, in His divine timing, weaknesses and hurts we do not possess the ability to remove on our own.

We have also begun to forgive those who might have played a part in forming our hurts and habits through their actions. Turning to Atonement of Christ, we plead that bitterness and anger be removed from our hearts. We have received the gift of Mercy, forgiving us for our past actions and now seek the Lord's love in forgiving all those who may have hurt us.

These steps have enabled us to “[obtain] a sufficient hope” whereby we can “enter into the rest of the Lord, from this time henceforth....” (Moroni 7:3). This increase in hope comes as we watch our destructive weaknesses diminish in power and influence. As a result, we strive even more to walk the “peaceable walk with the children of men.” (Moroni 7:4).

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However, this new life, as it is being stripped and cleansed of destructive habits, requires constant vigilance as we move forward. Our weaknesses have often defined us, dictating who we are. They filled our daily thoughts and poisoned our decision making. Therefore, a future life without them seems less predictable and certain. Without that certainty, we may be tempted to return to the destructive but familiar habits we've asked the Lord to remove.

It is for these reasons that we take daily inventory of our daily walk as new creatures in Christ. (2 Cor 2:17). This consistent evaluation helps make sure we continue to progress as well as to quickly address additional areas of change.

How do we do that?

To begin with, the Prophet Joseph Smith once counseled the Twelve Apostles to “make yourselves acquainted with those men who like Daniel pray three times a day toward the House of the Lord” (*History of the Church*, 3:391). Indeed, Hebrew tradition requires the observant to offer prayers at *shaharit*, “morning light”, *mincha*, or afternoon prayers, and *arvit*, “nightfall”.

Most 12 Step programs rely heavily on the *morning devotional* as a key to preventing relapse. This brief few minutes of reading and prayer, first thing each morning, constitutes a solid beginning to each day. It focuses the mind and heart on the day before us. It also sets a daily determination to remain teachable and humble throughout that day.

As Alma explained:

For behold, it is as easy to give heed to the word of Christ, which will point to you a straight course to eternal bliss, as it was for our fathers to give heed to [the Liahona], which would point unto them a straight course to the promised land.

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And now I say, is there not a type in this thing? For just as surely as this director did bring our fathers, by following its course, to the promised land, shall the words of Christ, if we follow their course, carry us beyond this vale of sorrow into a far better land of promise. (Alma 37:44,45)

The morning devotional acts as our personal Liahona, giving us guidance and direction for our day's journey. It thus helps lead "the man of Christ in a strait and narrow course across that everlasting gulf of misery which is prepared to engulf the wicked- and land their souls...at the right hand of God..." (Helaman 3:29,30)

Daily prayer also provides us with an opportunity to constantly evaluate our behaviors and actions. It allows Heavenly Father to teach and strengthen us by the gentle promptings of the Holy Ghost. As we do so, we can desire to remain "humble and...submissive and gentle, easy to be entreated; full of patience and long-suffering; being temperate in all things." (Alma 7:23)

Secondly, because we are anxious to remain submissive to His will, we know we will make mistakes in the future. When they occur, the Holy Ghost can quickly prompt us to action if we are listening and teachable. Those promptings will then help us recognize weaknesses that require repentance and/or change. They will spur us on to recommitment and renewed determination. The Prophet Mormon explained that "as oft as they repented and sought forgiveness, with real intent, they were forgiven." (Moroni 6:8)

Finally, taking daily inventory is essential to our healing and growth. It requires a consistent assessment of our lives and behaviors. It also places us in a position for the Lord to continue to change us and help us move forward.

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Read and Ponder

Joseph Smith

“The nearer man approaches perfection, the clearer are his views, and the greater his enjoyments, till he has overcome the evils of his life and lost every desire for sin”
(*Teachings of the Prophet Joseph Smith*, p. 51)

- *If you began taking a daily inventory of your life, in what ways would your ‘views’ of your daily actions be ‘clearer’?*

“If ye do not watch yourselves, and your thoughts, and your words, and your deeds, and observe the commandments of God, and continue in the faith of what you have heard concerning your Lord, even unto the end of your lives, ye must perish. And now, O man, remember, and perish not. (Mosiah 4:30).

- *What daily steps or behaviors are most critical to keeping you on the ‘straight and narrow’ path? What are some of your ‘warning’ behaviors, actions that suggest you might be succumbing to weaknesses and destructive habits.*

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Elder Henry B. Eyring

As we persist, we will feel the need for the influence of the Holy Ghost because our task will seem beyond us. Our humble prayer to our Heavenly Father will be answered. The Holy Ghost has as a major purpose witnessing that Jesus is the Christ. As we plead for help in His service, the Holy Ghost will come and confirm our faith in Him. Our faith in the Savior will increase. And, as we continue to serve Him, we will come to love Him. To be called to serve is a call to come to love the Master we serve. It is a call to have our natures changed. (2006 April General Conference)

- *What role will service play in your 'peaceable walk with the children of men'?*

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