

Let Us Pray

Lord,
I begin this process seeking an open heart
and an open mind.
Please help me shed my personal ambitions
for the sake of finding a new experience with you.
Please enable me to set aside everything I think I
know for an open mind and a new experience.
Remove any denial that may get in the way
of seeing my condition exactly as it is.
Help me to see the truth about my addictive
behavior and the parts of my life that shut out
the sunlight of the Spirit.
Offer me the opportunity to see the true meaning
of powerlessness over people, places, and things.
Just as your own baptism identified you with the
broken and made you one with sinners,
I look to the waters of Baptism
to acknowledge my broken ways
and clothe myself in your redeeming grace.
Thank you for providing me this path
to co-creating my life with you, my blessed Lord.
Amen.

Catholic in Recovery Twelve Steps & Sacraments Study Week 1: Powerless and Unmanageable



The Catechism of the Catholic Church defines **Baptism** as, “The first of the seven sacraments, the ‘door’ which gives access to the other sacraments. Baptism is the first and chief sacrament of forgiveness of sins because it unites us with Christ, who died for our sins and rose for our justification.”

“John testified further, saying, ‘I saw the Spirit come down like a dove from the sky and remain upon him. I did not know him, but the one who sent me to baptize with water told me, “On whomever you see the Spirit come down and remain, he is the one who will baptize with the holy Spirit.” Now I have seen and testified that he is the Son of God.” (John 1:32-34)

Step One: We admitted we were powerless over our addictions and unhealthy attachments—that our lives had become unmanageable.

Going Further

1. What fears do you have about plunging yourself into the grace that Baptism brings? What types of confusion, chaos, and/or doubt are present in your life that seem to stand in your way?
2. What parts of your life do you feel powerless over?
3. What are some aspects of your life that you find yourself fighting until the bitter end?
4. Considering that an addiction can relate to any substance, psychological dependence, healthy or unhealthy routines taken to the extreme, or continuous mental obsession, what are the addictions that keep you distant from God?
5. Make a list of roughly ten compromising situations you have personally experienced because of your addiction.
6. How has this behavior also put others in harm's way?
7. What are ten things you want out of a life that is free from this addiction? Do not hesitate to dream big here!