

## Let Us Pray

God,  
I am now at a point where I am willing to take a thorough and fearless look at myself. While abandoning old ways and ready, for new behaviors and attitudes, I recognize the importance of being honest with myself and with You. Please continue to grant me grace to overcome any obstacles or distractions that keep me from completely recognizing my part in my resentments. May the fears that I hold and any other continued misconduct that has directed my life be brought to the surface as I prepare an inventory. I abandon my trust to You as I complete this spiritual work, and give all glory to You for the freedom that may come as a result. Your grace is enough. Amen.

## Catholic in Recovery Twelve Steps and Sacraments Study Week 4: Fearless Inventory



### Prayer to the Holy Spirit

Come, Holy Spirit,  
fill my heart with Your holy gifts.  
Let my weakness be penetrated with Your strength this very day that I may fulfill all the duties of my state conscientiously, that I may do what is right and just. Let my charity be such as to offend no one, and hurt no one's feelings; so generous as to pardon sincerely any wrong done to me. Assist me, O Holy Spirit, in all my trials of life, enlighten me in my ignorance, advise me in my doubts, strengthen me in my weakness, help me in all my needs, protect me in temptations and console me in afflictions. Graciously, hear me, O Holy Spirit, and pour Your light into my heart, my soul, and my mind. Assist me to live a holy life and to grow in goodness and grace. Amen.

**Step Four: Made a searching and fearless moral inventory of ourselves.**

## Going Further

1. What resentments do you carry? Make a thorough list.
2. How do these affect you: Ego? Self-worth? Pride? Personal security? Financial security? Relationships?
3. What is your part in these resentments?
4. What fears exist in your life and how do they affect you?
5. What is your part in the fear that you carry?
6. Is there any sexual conduct that ought to be accounted for, straining your relationship with yourself, God and others?
7. How have your God-given natural instincts and desires gone too far, causing you problems in your relationship with God, yourself and others?
8. Make a list of your personal assets. What gifts has God given you to use toward the greater good, helping serve Him and others?