



# Connected in Christ: Twelve Steps for the Rest of Us

## *Catching Up*

In Step One, We admitted we were powerless over (you name it) – that our lives were unmanageable, we discussed where and how powerlessness affects our lives. We used Paul's discourse in Romans 7:14-25 to show how Paul revealed his powerlessness over sin.

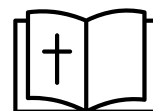
In Step Two, We came to believe that a power greater than ourselves could restore us to sanity. We talked about hope; if we are powerless over certain thoughts and behaviors, where do we find hope? We find it in the crucified Christ. We used the end of Paul's discourse, Romans 7:24-25 for guidance.

In Step Three we are faced with an opportunity.

## *Step Three*

**We made a decision to turn our will and our lives over to the care of God.**

The  
Rev. Tom Scornavacchi



*"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."  
(Matthew 11:28-30)*

## Reflection:

**We know that God's grace and mercy are always there for us, free of charge!**

We need only to do one thing...accept it! We need to decide that God can do a better job guiding our lives than we can on our own. Sounds simple...but we resist.



## Reflection Questions

- Describe a time in your life when you were faced with the decision to let go, and let God?
- What are some of the heavy burdens you are still holding on to, afraid to give to God?
- Imagine what your life would be like if you laid those burdens at the foot of the cross.

