**Authenticity, Step 1:**

*We admitted we were powerless over our ultimate problem – that our lives had become unmanageable.*

**VISIT:** https://becomenew.com/steps-series/ . . . Episodes 1 through 4, STEP 1

**The journey begins with need. Your need.**

*It is striking that, in biblical narratives, no one ever meets God on the basis of personal adequacy. When God encounters somebody, the response is never, ‘My life’s going pretty well, thank you very much.’ It’s Peter: ‘Go away from me, Lord; I am a sinful man!’ It’s Isaiah: ‘Woe to me! . . . I am a man of unclean lips.’ - John Ortberg*

The first step toward authenticity is a very deep, heart-felt, gut level acceptance that there is a God, that you aren’t Him . . . and that if you ever want to be free from your hurts, habits and hang-ups, you NEED Him.

**Identify your need. What is your I CAN’T?:**

Start with the easy stuff. Write down a few of the things you know you’re powerless to control: Weather. Traffic. Airplane flights. Gravity. The economy. Hiccups. Death. As Ortberg writes, *“Realty starts with the acceptance of limitations”*

**Now, let’s get more personal. For example, I can’t heal those closest to me. I can’t fix my heart. I can’t control how people think of me. I can’t make this fear go away.**

* Maybe for you it’s a divorce. Or a child who broke your heart. A boss you can’t please. A disease you can’t shake. A habit you can’t break. A loss you can’t redeem or a dream you can’t revive. Maybe you’re bored. Guilty. Afraid. Ashamed.
	+ This is about YOUR powerlessness. This is about, “My anxieties . . . My fears . . . My envy . . . My discontent . . . My drinking . . . My bitterness . . ..”

**What is your I CAN’T?**

**Questions That Might Help:**

**No-Win Situations**

* What do I try and escape from? What do I feel trapped by?
* How do I escape my feelings, such as anger, boredom, fatigue, or loneliness?

**Dangerous Self-Deception**

* What is the longest time I have been able to control or suppress the hurts, hang-ups and habits that usually accompany anger, stress and hurt?
* What are the things I can control?
* What are the things I try to control; but in truth, cannot?

**A Humble Beginning**

* What makes me think I am in control of anything?
* When have I placed expectations on other people or God?
* When have my attitudes and/or actions shown that I believe I know better than God?

**Hope Amidst Suffering**

* What kind of people do I hang around with and trust – people who criticize, or people who encourage the truth?
* What have I done in the past to deal with pain or sadness?

**Like Little Children**

* What happened in the past that still provokes fear in me today?
* What happened in the past that still provokes anger in me today?

**A Time To Choose**

* When I continue to pursue my own agenda without asking God for direction, what happens in my life?
* What will it take for me to listen to God?
* If God would help me with one thing, what would it be?

**The Paradox of Powerlessness**

* What wakes me up at 2 or 3AM?
* If I could be FREE from one hurt, habit or hang-up, what would it be?
* What is the hurt, habit or hang-up that most keeps you from being Christ-like?