

the  Venues
Go Deep
Conscious Contact
The Virus is Not a Hoax
Steps 4-7
3.22.2020

How are you coping with the changes brought about the Coronavirus?

Steps 4-7 of the 12 Steps are all about honesty with ourselves and others about our faults. Here they are:

Step 4 - Made a searching and fearless moral inventory of ourselves.

Step 5 - Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Step 6 - Were entirely ready to have God remove all these defects of character.

Step 7 - Humbly asked Him to remove our shortcomings.

How is denying our faults as dangerous as denying the reality of the coronavirus.?

Why do we resist taking a "moral inventory" "admitting our wrongs"?

My (Phillip's) resistance comes from a fear of being judged and shamed - I got that from church!

How about you? How safe was your church as a place to be absolutely honest and transparent about your "faults" "mess-ups" "defects" "wrongs" (whatever term you want to use)?

Read Father's Rohr's perspective: "When human beings 'admit' to one another 'the exact nature of their wrongs'...it is no longer an exercise to achieve moral purity, or regain God's love, but in fact a direct encounter with God's love."

What does Rohr say about God's response?

Do you agree? Disagree? Find it refreshing? Find it troubling?

How would your willingness to admit your wrongs to yourself and others change if you were convinced it would bring an encounter with God's love instead of God's judgment?

Read [Psalm 139:23-24](#) (The NASB is, to me (Phillip), the most accurate translation).

There is a moral examination going on here. *What is the exam looking for (v 24)?*

What does that tell us about what we should be looking for?

These steps require honesty and humility. Read the following verses and record and reflect on the lessons you learn about humility: [Proverbs 11:2](#); [James 4:6,10](#); [Luke 14:11](#)

Have you ever met someone who would not admit they were wrong?

[Psychtest](#) reports that people who are uncomfortable admitting their blunders have deep-seated self-esteem issues.

Does the report change how you perceive those individuals? Yourself?

What does religion do to one's self-esteem?

How does a healthy religion (to re-ligament to God and to our true identity as image-bearers of the Divine) help our self-esteem?

Do you agree or disagree with this statement: "We can't heal what we don't acknowledge"?

How can you be a safe place for someone who wants to walk through Steps 4-7? For yourself?