

## Stay awake! Don't slip back into the old nightmare!

12<sup>th</sup> Step - Lesson 7

Mark 13:33-37—"Be on guard! Be alert! You do not know when that time will come. It's like a man going away: He leaves his house and puts his servants in charge, each with his assigned task, and tells the one at the door to keep watch.

"Therefore keep watch because you do not know when the owner of the house will come back—whether in the evening, or at midnight, or when the rooster crows, or at dawn. If he comes suddenly, do not let him find you sleeping. What I say to you, I say to everyone: 'Watch!' "

1 Thessalonians 5:4-11—But you, brothers, are not in darkness so that this day should surprise you like a thief. You are all sons of the light and sons of the day. We do not belong to the night or to the darkness. So then, let us not be like others, who are asleep, but let us be alert and self-controlled. For those who sleep, sleep at night, and those who get drunk, get drunk at night. But since we belong to the day, let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet. For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ. He died for us so that, whether we are awake or asleep, we may live together with him. Therefore encourage one another and build each other up, just as in fact you are doing.

### **"Having had a spiritual awakening..."**

1. What are some examples of the stinking thinking that God woke you up from?
  - Self-pity
  - Resentment
  - Entitlement ("I work hard; I deserve a few drinks")
  - Self-hatred
  - Legalism ("The better I behave, the more I deserve God's approval")
  - What else?
2. How would you describe the "spiritual awakening" you are living in now?
  - "God loves me and accepts me and forgives me just as I am"
  - "I can't afford the luxury of carrying resentments"
  - "I can feel sad without feeling sorry for myself"
  - "I don't have to drink or get high"
  - What else?
3. What helps you "stay awake" and not slip back into stinking thinking?
  - Talking honestly with other honest and caring people
  - Telling myself the truth
  - Letting God's word and the Holy Spirit teach and correct me
  - What else?