

We Have Real Power Over Our Dependencies

2nd Step – Lesson 5

“Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a Power greater than ourselves.” (AA, pg. 45)

“Came to believe that a Power greater than ourselves could restore us to sanity.” (Second Step)

“I pray also that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in the saints, and his incomparably great power for us who believe. That power is like the working of his mighty strength, which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come.” (Ephesians 1:18-21)

By ourselves, on our own, we are powerless to resist our impulses and our cravings. After a while we more or less got used to living that way. We couldn't even imagine living another way.

But when the God of grace, who loved us enough to let his Son's blood eliminate our guilt and make us fit for heaven, got a hold of us, a new power came into our lives and hearts. The power that made the dead body of Jesus alive again is now in us, too.

“Lack of power” is no longer our dilemma. Now our dilemma is *believing* the truth about our new power, and *living* in that truth.

Fill in the blank with stuff that you've been powerless over:

“Because of the power of almighty God, who now lives in me, I don't have to _____ any more.”

What are some things that are helping you to live in that truth?