

## STEP FIVE

- 2 How did completing the CHARACTER SURVEY and brief INVENTORY GUIDE "purify your heart" and bring you closer to God and to reality-as-it-is?

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- 3 What are your specific expectations and fears surrounding Step Five?

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- 4 Which of your faults is the most difficult to acknowledge? Why?

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## STEP FIVE

### Guidelines For Preparing Your Fifth Step

(Adapted from A Spiritual Journey page 76)

- 30 When choosing a person to do your Step Five with, select a loving, caring person, one who will be there for you and who will offer unconditional acceptance. The person must be dependable, trustworthy and not "shocked" or offended by what you reveal and respect the bounds of confidentiality. Taking Step Five is an opportunity to receive the forgiveness and encouragement of God through the ministry of another Christian. For that reason you may want to do Step Five with an ordained Christian clergyman or a Christian counsellor.
- 31 In preparing for the Fifth Step it is wise to begin with prayer, calling upon the name of Jesus and asking God in Jesus' Name to be present as you prepare to go through your Fourth Step revelation and insights.
- 32 Remember that Step Five asks only that we admit the exact nature of our wrongs. It is not necessary to discuss how the wrongs came about or how changes will be made. You are not seeking counsel or advice.
- 33 When Step Five is completed, both parties can share their feelings about the experience. It is now possible to extend to each other the love God extends to us through Jesus Christ.
- 34 Step Five is for your own benefit. God already knows you. You are beginning a process of living a life of humility, honesty and courage. The result is freedom, happiness and serenity.
- 35 It is often helpful to start with prayer:

Lord, I understand that you already know me completely. I am now ready to openly and humbly reveal myself to you.....my hurtful behaviours, self centredness and character traits. I am grateful to you for the gifts and abilities that have brought me to this point in my life. Take away my fear of being known and rejected. I place myself and my life in your care and keeping. Amen