

Lesson Plan - Session 9 – Step 2, part 1

Time	Activity
0:00	Opening Prayer Plan for the session Catch-up Sharing Share First Step Experience Share Step 2 Exercises Assignments
0:05	Catch-up sharing
0:10	Share First Experience Letters
0:20	Share Exercise S2.1 – Top 10 Insane Moments <ul style="list-style-type: none"> • Encourage participants to listen closely for items that might enhance their own list. Feel free to learn from others! • As with similar sharing of exercises in the past, ask each man to share 1 of his Top 10 insane moments. Go around the circle with each man taking 1 minute to describe one of his insane moments. • When finished with Round 1, if time permits, either go around circle again, or ask for a random number (e.g., 6 men) to share an example that has not previously been shared. • In addition to breaking through denial, this sharing may help increase empathy for others and self; help reduce shame by eliminating the power of secrets. • Any observations or conclusions to be shared with group?
0:50	Share Exercise S2.2 - Higher Power Inventory <ul style="list-style-type: none"> • Again, listen for ideas that would enhance your list! • Go around circle. Ask each man to take 30-60 seconds to share one higher power from their list – no repeats. Toward end of round, man may elect to pass if nothing new to share. If sharing is concise, will be possible to share a second time – again, no repeats. • Any observations or conclusions to be shared with group?
1:20	Assignments Review the assignments on the Overview for the next session. Exercise S2.3 Higher Power Letter Be ready to finish any outstanding sharing of Step 2 work Preview Step 3 Final questions or comments
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

Leader Discussion Notes

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As noted for the last session, men have been giving their Step 1 in support group meetings over the past few weeks. That should be nearing an end. After today, there should be only a small number of men who have not given their Step 1 to a group. The next session, Session 10, will ideally be the last meeting for any man to conclude sharing his Step 1 work.

Special Note: It is possible that one or more men will share that the post Step 1 experience included a slip. If so, be gentle. Refer to Chapter 4: Slips and Relapses, p. 163 in the Castimonia book. The chapter provides a thorough discussion of slips and relapses, including the recommendation to review what was occurring in our life just prior to the slip or relapse and ask ourself (and a recovery partner) a series of questions. A mini first step may be appropriate. There is hope, but we must reinvigorate our recovery efforts. Remember, if we are not actively working on our recovery, we are working on our next relapse.

Step 2 Notes

Comments from prior Study members:

- Higher power – anything or anyone who interrupts me when I am about to get comfortable in my sin
- God uses things that annoy me now, but I realize later they help me – save me from myself, sin

Preview Step 3

Read words of Step 3, read corresponding verse. Read first 2 sentences of opening para.

Share 1 Thess. 4: 3-7

It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; and that in the matter no one should wrong or take advantage of a brother or sister... For God did not call us to be impure, but to live a holy life.

Some have described the first 3 steps as follows:

I can't
He can
I think I will let Him

God will restore – see Joel 2:25, 26

I will repay you for the years the locusts have eaten – the great locust and the young locust, the other locusts and the locust swarm – the army that I sent among you. You will have plenty to

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eat, until you are full, and you will praise the name of the Lord your God, who has worked wonders among you; never again will my people be shamed.