

Lesson Plan - Session 8 – Step One – First Step – conclude; Intro Step 2

Time	Activity
0:00	Opening Prayer Plan for the session Catch-up Sharing Share First Experience Letters Read/Discuss Step 2 Discuss Step 2 Exercises
0:05	Catch-up Sharing
0:10	First Step Experience Letters
0:30	Read Step 2, pages 85-89 Discuss
1:10	Assignments: Review the assignments on the Overview for the next session. See template and instructions for each exercise: 2.1 Top Ten Insane Moments Purpose is to help break through denial of severity of our problem 2.2 Higher Power Inventory Purpose – to enable us to identify all of the factors in our lives that aid us in resisting our desire or urges to engage in inner and/or middle circle behaviors Final questions or comments
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

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### Leader Discussion Guide

#### Read Step 2

Each man read one paragraph aloud

Upon completion – ask questions:

- What was the most interesting or meaningful thing said in this reading?
- Were you “insane”? Why/why not?
- What is the difference between a “higher power” and your “highest power”?

### Jesus and the 12 Steps, Dennison

#### Step 2 – The Man Lowered Through the Roof

Story is told in Luke (Matthew & Mark)

In Capernaum, Jesus hometown.

- Jesus was well known and had performed several miracles here and nearby
- It was a city of influence – banking and trade
- Home to religious leaders

Scene of one of the more famous miracles. Crowd around Jesus in a home. 4 men carry their paralytic friend to the roof, dug a hole in it, and lowered the man in front of Jesus. Christ healed the man of his sins and then his paralysis. At Jesus’ command, the man picked up his mat and walked home, praising God.

What do we know about the paralytic?

- He had friends – at least 4. They were willing to take the time to carry him to a local house, tie cords to his bed, dig a hole in a roof – so he could have a shot at walking.
- He had faith. He could have called off this adventure at any time.
- He had family. As a paralytic, he could not have lived alone.
- He left home a non-walking sinner; returned home as a walking saint (forgiven person)

The 4 friends:

- Loved their friend
- Were willing to do what was necessary for him to find healing
- Had a plan (Jesus’s schedule, convince their friend, cords and tools, carry him down the street, lift him on the roof, dig a hole in the roof, lower the bed)
- Were committed to follow-through.



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Healing cannot come without a power greater than ourselves. In recovery, “With God I can’t; without me, God won’t.” The paralytic and his friends were committed to this truth – only a Power greater than their own could bring about the healing of the paralytic.

They did not wait for the meeting to end. They were desperate and did not know if help would be available after the known time of the meeting.

(Not) Ripping a hole in a neighbor’s roof was one of the 613 commandments in the Talmud. The friends put themselves in legal jeopardy. They must have been willing to pay for a new roof.