

## **The Twelve Steps – a Spiritual Journey: Step Two: Faith**

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The First Step in our journey towards freedom, healing and restoration in our lives began thus: “We admitted we were powerless over (our sin or addiction) – that our lives had become unmanageable.” This step is so important because you cannot heal or change what you don’t acknowledge! But this is only the beginning of our journey towards transformation. This step alone will leave us empty and possibly even despairing if we don’t continue on with our pilgrimage. This brings us to the second step:

**“Came to believe that a power greater than ourselves could restore us to sanity.”**

In step one we humbly admit, “I can’t!” But in step two, we declare by faith, “God can!” One of the things you will discover about a trap is that it is always designed to be stronger than the thing one is trapping. For example, if you want to catch a bear, the bear trap must be stronger than the bear or it will escape. Sin is the same way. The nature of addictions is such that they are greater than our ability to escape from them – and that’s exactly the way our enemy, Satan, designed it!

Have you ever noticed the crazy cycle addicted people go through? They fall into their trap of sin, feel guilty and ashamed about it, and then try to use their will power to break free from the addiction or bondage. This may last for a week or even a month or two, if the person’s will power is strong enough. But eventually, just like a dog returns to its vomit, so the fool returns to his foolishness. There is no way for us to break free from our addiction on our own! But that’s where God comes in.

The Biblical basis for this step is found in Philippians 2:13: “For God is working in you, giving you the desire and the power to do what pleases him.” (NLT). God can do for us what we cannot do for ourselves. He has the power to save, deliver, and make us whole.

“In Step Two, we begin to reflect upon our Higher Power. We remember that God has always accomplished the impossible for His people. He has restored and redeemed people in bondage, people in fear, people in weakness, and people in great hopelessness. The principle of Step One puts us in the perfect place for Step Two – a place of powerlessness.” (*Meditations for the Twelve Steps – A Spiritual Journey*).

Are you tired of being stuck in your sin? There is a Higher Power – and His name is Jesus – and He has come to set the captives free. Jesus Himself said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.” Come to Jesus today and be set free!

### **Second Step Prayer:**

“I pray for an open mind so I may come to believe in a power greater than myself. I pray for humility and the continued opportunity to increase my faith. I don’t want to be crazy any more.” Amen! (*Prayers for the Twelve Steps – A Spiritual Journey*).