

Let Us Pray

Lord,
Thank you for the moments
that have brought me to this place in my journey.
As I struggle to overcome the insanity,
Which can be overwhelming.
I place my faith in you as my Higher Power.
I ask for your protection and care
as I take this step toward new life.
Great are the plans that you hold for me,
and I begin to grow in willingness
to see those plans unfold.
Perhaps there are individuals in my life
who have offered spiritual help.
There may also be those who are willing
to walk alongside me
as I fall into your merciful arms.
Let me be open to receiving help
and give me humility on the road that lies ahead.
I ask this in your name and through your son,
Our Lord, Jesus, Christ.
Amen.

Catholic in Recovery Twelve Steps and Sacraments Study Week 2: Come to Believe



From the Catholic Rite of **Baptism**: “Do you believe in Jesus Christ, his only Son, Our Lord, who was born of the Virgin Mary, was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father?”

The Catechism of the Catholic Church reads, “The grace of the Holy Spirit has the power to justify us, that is, to cleanse us from our sins and to communicate to us ‘the righteousness of God through faith in Jesus Christ’ and through **Baptism**. (1987)

Step Two: Came to believe that a Power greater than ourselves could restore us to sanity.

Going Further

1. What does your relationship with God look like right now?
2. Is God someone that you rely on as a friend, or merely a divine scorekeeper somewhere in the heavens?
3. What are some of the repeated, insane behaviors that keep you from finding union with the Lord?
4. What paths are available to you to become a part of a fellowship, either in your church community or in a recovery group?
5. What is your relationship with scripture like? In what ways can you open yourself to the new possibilities of knowing God through the Bible?
6. What doors of accountability are open to you as you continue on your path toward healing and deepening?