1. **Introduction: *GOOD PLACE TO INSERT A PERSONAL STORY***
	1. EXAMPLE: I have fair skin/red hair. I should see a dermatologist every 6 mos.
		1. One appointment I was told ways to prevent skin cancer: Hat, UV wash for clothes, long sleeve shirts, clothing company. I don’t work outside, I’m in a building, so I didn’t do any of those things.
		2. Two years later: Laura found something on my back: Prognosis: Basal Cell Carcinoma
		3. This is what many of us do in our spiritual life
		4. God says “Do these things daily for health, for life, to keep from harm.” And we shrug our shoulders and say “Nah…I’ll take the burn and cancer in a few years.”
	2. Every day each of us has a very real need with some very real consequences that must be addressed…DAILY.
2. **The Need**
	1. Our daily, natural default is to operate in our sinful desires and our own wisdom and strength—that kind of living is what landed us in recovery in the first place.
	2. So, you must diligently and intentionally do the things God prescribes or you will be worse off than right now.
3. **Subject**
	1. Step 10, Continue: *We continue to take personal inventory and when we sin, promptly confess and turn to walk with Christ.*
	2. Psalm 139:23-24 - *Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!*
4. **Preview: The daily process of Step 10 is this:**
	1. Look to God / Look to Self / and Look to Others
	2. In a nutshell, it’s doing the first 9 steps, daily.
		1. Now if you’re thinking, *Great…it took me 8 months to get through Step 9. And now you’re telling me to do Steps 1-9 daily?*
		2. $20 in debt in 2005, long time to pay off, never want to be there again, pay monthly
	3. Step 10 has had a profound impact on my life, marriage, work relationships, addictions
5. **Look to God – Admit / Believe / Trust (steps 1-3)**
	1. Illustration: Huge meal w/ CG / Eating daily / Daily bread – Lord’s prayer
		1. This is Steps 1-3. Powerless, He’s powerful. So, trust and remain in Him daily.
	2. You can’t. Admit your powerless for the day and the situations.
		1. John 15:15 - *Apart from me you can do nothing*
	3. God can. Believe that God is all powerful for the day & situations (See Matthew 6:33-34).
	4. You will be tempted to think, *Things are going well, I’m freed up, I’m good, having victory.*
	5. Trust God as your savior, to cover your sin, and as your LORD of every aspect of life
		1. On my knees, daily – used to be for sobriety from alcohol / now it’s the daily events and struggles
		2. Drunk for 12 years, sober for 9, but I only carry my 24-hour chip from AA
	6. After looking to God, you look at self
6. **Look to self- Inventory / Confess / Repent (steps 4-6)**
	1. Illustration:
		1. Laura will often turn to me and say, “You need a piece of gum”; “I just brushed my teeth”
		2. Rotting, decomposing meat between my teeth and she can smell it / Heart Disease
		3. and that’s why I tell you this story…we will get heart disease – spiritually speaking – if we do not daily cleanse what is embedded within us.
	2. Inventory your day (Fears, Resentments, Harms to You, Harms by You, Sexual Sin, Rec Issue)
		1. Look for the idol – what’s the driving force, what’s the root of the fruit
		2. Step 10 Foundation: Psalm 139:23-24 - *Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!*
	3. Confess your sin – to self, God and others
		1. 1 John 1:7-9 –*If we walk in the light as He is in the light, we have fellowship with one another and the blood of Christ cleanses us from all sin. If we say we have no sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness.*
		2. If you’re not confessing sin daily, weekly – you’re already in trouble.
	4. Repentof your sin – turn from sin by turning towards Christ
		1. Junk food addict. Can’t just stop. You must stop and replace with healthy food.
		2. Repent is not: STOP! It is: CHANGE!
		3. 2 Timothy 2:22 – *So* ***flee*** *youthful passions* ***and pursue*** *righteousness, faith, love and peace along with those who call upon the name of the LORD.*
7. **Look to others – Follow / Forgive / Amends (steps 7-9)**
	1. Illustration: This is something Laura and I practice every week and it keeps our marriage so health
	2. Obedience of following Jesus daily
		1. Luke 9:23 – …*take up cross daily and follow me…*
		2. Against the default setting of your flesh – so you must take cross daily, Die to Yourself
	3. Forgiving those who have harmed you
		1. Ephesians 4:32, *…and don’t let sun go down…*
		2. Zero out the account daily – Game goes to zero each day.
	4. Making amends with those who you have harmed
		1. See Proverbs 6:2-5
		2. Where are you trapped
8. **Recap**
	1. What is Step 10? Continuing daily in our recovery. It’s Step 1-9 daily. And how do we it?
	2. We first look to God. Then we look to Self. And finally, we look to others.
9. **Closing image**
	1. ***GOOD PLACE TO INSERT A PERSONAL STORY***
	2. EXAMPLE: Remember the dermatologist. One time removal of cancer, but then haven’t done the daily things she told me? But I have followed God’s ways. That’s why I’m in recovery. I trusted in Christ when I was 9 years old and then never walked with him daily. And thus, at the age of 30:
		1. This step has changed my life. Because it has fostered in me a daily dependence and discipline of living out god’s ways that lead to life and peace.
		2. Peace; sleep well at night; My wife and I go to bed fully reconciled every day; I am not fearing running into anyone; joy; no addictions.