

# Step One

"I know nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." - Romans 7:18 (NIV)

"But I need something more! For if I know the law but still can't keep it, and if the power of sin within me keeps sabotaging my best intentions. I obviously need help! I realize that I don't have what it takes. I can will it, but I can't do it. I decide to do good, but I don't really do it; I decide not to do bad, but then I do it anyway. My decisions, such as they are, don't result in actions. Something has gone wrong deep within me and gets the better of me every time." - Romans 7:13-20(MSG)

## Identifying

What behavior(s) is/are negatively affecting my life?

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Examples of common behaviors and/or substance abuse may include: Alcohol, Narcotics, Gambling, Sex, Pornography, Food (over or under eating), etc.