

MONDAY – 1/27/25



THE  
**UPWARD**  
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Your Journey to Become The Man God Designed

*The path of life leads **upward** for the wise;  
they leave the grave behind.*

- Proverbs 15:24 (NLT)

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WELCOME/PRAYER: TW

PASS ROLL SHEET

SEND ME A TEXT MESSAGE WITH YOUR NAME, EMAIL ADDRESS – (909) 705-6410

DOWNLOAD THE GROUPME APP – I WILL SEND AN INVITATION TO THE GROUP CHAT LATER

DAD JOKE OF THE WEEK: What do you call the joint in the middle of a child's leg? (+ Jackson's)

TWO QUESTIONS:

1. What is your reason for being here tonight?
2. What is the one thing that you think needs to change in order for your life to improve?

What might be the REAL reason you're here tonight that you may not realize: *You suspect you're not the man God designed you to be.*

WHAT IS YOUR DRUG OF CHOICE? \_\_\_\_\_

WHAT IS YOUR SOBRIETY DATE? \_\_\_\_\_

What you'll need for this journey:

- Physical Bible – Recommend NIV, NLT or ESV - NO PHONE VERSIONS PLEASE
- Physical Journal – NO DIGITAL JOURNALS PLEASE
- A Pen
- Big Book of Alcoholics Anonymous (4<sup>th</sup> edition) – <https://amzn.to/2B8ppR2>
- 12 Steps & 12 Traditions - <https://amzn.to/35tEllp>
- Show up to as many meetings as possible

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**CHOOSE VOLUNTEERS TO READ THE FOLLOWING VERSES:**

- Proverbs 1:10-15
- Proverbs 2:12-20
- Proverbs 4:14-15
- Proverbs 4:25-27
- Psalm 23:1-5
- Psalm 25:4
- Psalm 119:32
- Psalm 143: 8 – Show me the way I should walk

**What do all of these verses have in common?**

**If I'm walking on a journey somewhere, what is the one thing I am always doing the same time I'm walking (besides breathing)?**

**Why is God concerned about the way I walk or the path I choose? Is this a physical path or a spiritual path?**

**MEETING GOALS:**

- GO ON A SPIRITUAL JOURNEY TOGETHER towards becoming the man God designed me to be
- USE the 12 STEPS of recovery as a LENS to examine our relationship with Self, God & Others so that we can learn to...
- ENGAGE the SPIRITUAL PRACTICES suggested by the steps in order to...
- DEVELOP or DEEPEN an INTIMATE RELATIONSHIP with Jesus which will...
- BUILD WISDOM and UNDERSTANDING about our World, Ourselves, God & Others
- GROW STRENGTHEN atrophied or wounded SPIRITUAL MUSCLES needed to...
- REPENT and ACHIEVE FREEDOM (sobriety) from sinful habits so we will be equipped to...
- CARRY the RECOVERY MESSAGE (LIFE IN GOD'S KINGDOM) to others, fulfilling our destiny to...
- BECOME the man God designed each of us to be.

**THE SEVEN PEAKS OF THE UPWARD EXPEDITION:**

- ASSESS
- AGREE
- ALIGN
- AFFIRM
- ATTUNE
- ADVANCE
- ASCEND

**CHALLENGE #1:** Use your PHYSICAL BIBLE, JOURNAL, PEN/PENCIL, BIG BOOK and 12 x 12 during the entire course of this class and NOT an electronic version.

**CHALLENGE #2:** Read one chapter of Proverbs each day for the entire time we are in this class together. Underline and/or mark a symbol every time you see "pathway language" (path, way, steps, walk, etc.)

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