

---

# We Were Powerless

## We Become All Powerful in Christ



**Note:** All Bible scripture is written in *Italics*.

### Step 1 states; “We were powerless .....

Ever wonder why the word “were” is used rather than “are?” The word “were” is a past tense word, an interesting fact to consider.

A significant change takes place as we transition from step one to step three. We move away from the problem towards the solution, from a place of powerless, helpless, and hopeless, to a place of all hopeful and all powerful (in Christ Jesus). Apart from Him, we remain powerless, helpless, and hopeless and can do nothing. But ... we "can do all things through Christ" who gives us His strength. In His power, we can resist!

### **Colossians 1:1**

*This letter is from Paul, chosen by God to be an apostle of Christ Jesus, and from our brother Timothy. It is written to God's holy people in the city of Colosse, who are faithful brothers and sisters in Christ. May God our Father give you grace and peace.*

## Living in a Sinful World

Paul was addressing this letter to the believers that were living in a very sinful city in Rome. The City of Colosse was very much like the sinful, corrupt cities of today. In those days, Rome was significant in representing what was considered a place of many evil practices. Today, we are also faced with many of the same situations and circumstances. We have the same types of temptation all around us. Why? Because we live in the same sinful corrupt world they lived in. We struggle with temptation because we were all born with bodies that, by nature, are full of sinful lustful desires. We also have the same tempter they had, Satan, and his army of fallen angels. This world, since the episode in the Garden of Eden, has been under the control of the principalities and powers of darkness, Satan, and his evil ones. In this letter, Paul is explaining to the believers that they have been saved by God's grace through faith. They were rescued from the evil one, from bondage to sin, and from sin's condemnation. But in order to receive it, they must “believe it.” To fully benefit from His gifts, they also needed to follow Jesus, (being obedient to Him). We too need to follow Jesus. Being a Christian means being a follower of Christ. A good follower stays close to his leader. His Word is a love letter to us promising us many things. If we have a sincere desire to receive His gifts, we must be an obedient child. We must model our life after His. In order to be able to do so, we must have a personal relationship with Him. We need to read His



**NEW LIFE SPIRIT RECOVERY, INC.**

*Christ Centered Substance Abuse Treatment*

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

---

Word, fellowship with Him, and fellowship with His family of believers (our Christian brothers and sisters). In doing so, He is able to reach, teach, bless, and protect us. He does this as He works in, around, and through each one of us. He reaches out to each of us through each other. We all have an important job to do as a part of His family, His body. Seek after His plan and you will definitely find it. It is a predestined position, perfectly designed, just for you. No one else can fill your position.

## Paul's Thanksgiving and Prayer

### Colossians 1:3

*We always pray for you, and we give thanks to God the Father of our Lord Jesus Christ, 4for we have heard that you trust in Christ Jesus and that you love all of God's people. 5You do this because you are looking forward to the joys of heaven—as you have been ever since you first heard the truth of the Good News. 6This same Good News that came to you is going out all over the world. It is changing lives everywhere, just as it changed yours that very first day you heard and understood the truth about God's great kindness to sinners. 7 Epaphras, our much loved co-worker, was the one who brought you the Good News. He is Christ's faithful servant, and he is helping us in your place. 8He is the one who told us about the great love for others that the Holy Spirit has given you.*

*9So we have continued praying for you ever since we first heard about you. We ask God to give you a complete understanding of what he wants to do in your lives, and we ask Him to make you wise with spiritual wisdom.*

## Spiritual Wisdom

Hearing something spiritual, understanding it, and having the ability to apply it is absolutely a gift that only comes from God. In v.9 above, why does Paul say “spiritual wisdom” rather than just wisdom? Because there is a world of difference between spiritual wisdom and worldly wisdom. Worldly wisdom is man's ideas, interpretations, and conclusions of things. Man typically uses research (history) to come up with possible solutions. Worldly wisdom doesn't have a clue about spiritual truth. In most situations, spiritual wisdom would deal with a situation totally the opposite of how the so called wise men of this world would. In many cases, illnesses such as depression are the direct result of a spiritual attack. Worldly wisdom may be able to identify the problem, and drugs may be able to medicate it, but only God has the ability to go deep into a man's heart and heal him. Spiritual problems need spiritual solutions.

The Holy Spirit is able to teach us and remind us of all things and help us to help each other through the healing process. We clearly see this happening in the 12 step programs as one alcoholic or addict helps another.

A sponsor is someone God uses to help others that are still suffering. In practicing steps 10, 11, and 12 daily, a person continues to grow morally, emotionally, and spiritually becoming better equipped to help others. Spiritual wisdom only comes from God, and He has promised to give it, in abundance, to all believers that ask for it.



NEW LIFE SPIRIT RECOVERY, INC.

*Christ Centered Substance Abuse Treatment*

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

---

## Colossians 1:10

*Then the way you live will always honor and please the Lord, and you will continually do good, kind things for others. All the while, you will learn to know God better and better. 11 We also pray that you will be strengthened with His glorious power so that you will have all the patience and endurance you need.*

This is the power we “were” lacking when we “admitted we were powerless.” God is the source of all strength and all power. Of course then, without Him, we were powerless over everybody and everything in this sick and dying world. Without Him, we are powerless over our own sinful desires, the sinful desires of the flesh we live in. Without Him, we had little choice but to follow after the temptations of the world. Even with Christ in your life, the battle still rages. Temptation will always be there just waiting for our weak moments, but as we mature spiritually, we will hopefully begin to see it for what it really is, and will utilize the power we have, in Christ, to resist and flee.

Christians struggle with addictions just as non-Christians do. Since God has given man a “free will,” only when He is asked, will He step in and help. He will not violate man’s free will. The difference is; when the Christian becomes ready and willing, and surrenders that particular area of his life to God, the All Powerful One will step in and manage it for him. One of the problems we experience is that no sooner have we given it to Him, we find that we have taken it back. This happens for many different reasons. One reason is that we don’t really believe that God can and will handle it for us. We have trouble convincing our self that we really matter to Him.

For some, it is very hard to trust a Father we can’t see, when we couldn’t trust the one we could. If families were modeled as God had originally planned, our earthly fathers would have treated us as God treats His family. Of course, the fall in the garden changed the plan.

There may be pieces of our old character (parts of our old sinful nature) that we are unwilling to let go of just yet. This is a form of captivity, a stronghold. We are actually in bondage to those old ways. Those defects will continue to haunt us until the consequences, the negative effects of that behavior, begin to outweigh any benefits they used to bring. At that point, we are very close to step 6, being entirely ready to have them removed. Becoming entirely ready is a decision we must make for our self.

The next step, step 7, to “humbly ask God to remove them,” cannot be successfully accomplished without first, honestly and sincerely completing step 6. As we begin to eliminate our defects, we get to experience levels of freedom and true inner peace and joy we never knew existed.

*May you be filled with joy, 12 always thanking the Father, who has enabled you to share the inheritance that belongs to God’s holy people, who live in the light. 13 For he has rescued us from the one [ Satan ] who rules in the kingdom of darkness, and He has brought us into the Kingdom of his dear Son [ Jesus Christ ]. 14 God has purchased our freedom with his blood and has forgiven all our sins.*

This is very comforting to know for those of us that have managed to pile up the wreckage. As we begin to sift through it, we find comfort in knowing that God understands us and forgives us. We can process through it, own our part in it, confess it, toss it, and start over fresh with a clean slate.



NEW LIFE SPIRIT RECOVERY, INC.

*Christ Centered Substance Abuse Treatment*

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

---

## Christ Is Supreme

### Colossians 1:15

Christ is the visible image of the invisible God [ God in the flesh revealing Himself to us ]. He existed before God made anything at all and is supreme over all creation. 16Christ is the one through whom God created everything in heaven and earth. He made the things we can see and the things we can't see—kings, kingdoms, rulers, and authorities. Everything has been created through Him and for Him. 17He existed before everything else began, and He holds all creation together.

Why not take your problems to the One that absolutely loves you and is fully capable of helping you. Of course God wants us to do the necessary foot work. We must first take the appropriate steps, doing everything we possibly can, and then take it to Him in prayer. We must trust that He knows what is best for us, and will do for us, the things we can not do for ourselves. It may be His will that we remain in a certain situation for reasons we may never understand, but at least we will know that we did everything we possibly could, and then, we let go and let Him handle the rest. We give it to the One who created all things, sustains all things, and is ultimately in charge of all things. We can rest assured that the end result will be exactly what He had predestined (planned) it to be.

### Colossians 1:18

*Christ is the head of the church, which is His body*

Each of us, as "true" Christians, are all a part of His body, and just as our mind controls our bodily functions, Christ orchestrates every move His body makes. Nothing happens without Him knowing, or without His approval beforehand.

In practicing step 3 daily, we become His willing vessels, "willing" parts of His body. Being fully "surrendered," and by becoming "willing," we are no longer fighting against Him. We are now working with Him towards a common goal. At this point, not only are we better able to receive His help, but are more apt to be used by Him in mighty ways.

*He is the first of all who will rise from the dead, so He is first in everything. 19For God in all His fullness was pleased to live in Christ, 20and by Him God reconciled everything [ all believers ] to Himself. He made peace with everything in heaven and on earth by means of His blood on the cross. 21This includes you [ us ] who were once so far away from God. You were his enemies, separated from Him by your evil thoughts and actions,*

Because of what happened in the Garden of Eden between Adam, Eve, and Satan, we were all born with a sinful nature, all except Jesus. That one act of rebellion, that one bad choice, caused all of us to become God's enemy. We were all born into sin. Thank God that He had another plan. He sent His Son Jesus to save us and bring us back to Him.

### Colossians 1:22

*yet now he has brought you back as His friends. He has done this through his death on the cross in his own human body. As a result, He has brought you into the very presence of God, and you are holy and blameless as you stand before him without a single fault. 23But you must continue to believe this truth and stand in it firmly. Don't drift away from the assurance*



NEW LIFE SPIRIT RECOVERY, INC.

*Christ Centered Substance Abuse Treatment*

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906

---

*you received when you heard the Good News. The Good News has been preached all over the world, and I, Paul, have been appointed by God to proclaim it.*

## **Paul's Work for the Church**

### **Colossians 1:24**

I am glad when I suffer for you in my body, for I am completing what remains of Christ's sufferings for His body, the church [ all believers ]. 25God has given me the responsibility of serving His church by proclaiming His message in all its fullness to you Gentiles. 26This message was kept secret for centuries and generations past, but now it has been revealed to His own holy people. 27For it has pleased God to tell His people that the riches and glory of Christ are for you Gentiles, too. For this is the secret: Christ lives in you, and this is your assurance that you will share in his glory.

We "admitted we were powerless" when we did step one. This admittance of "powerlessness" typically comes by way of an experience of absolute defeat before we are able to recognize powerlessness for what it really is. When we finally reach such a point, we must surrender. Surrender to who? To God, of course! Contrary to the things of this world, when we surrender, we "win." When we surrender to the only true sovereign God, we are no longer without power.

Steps one-through-three walk us from a place of being powerless, to a place of having "all power" in Christ Jesus. From the moment we receive Him as our Lord and Savior, we have Him, the source of "all power," living inside us. His power far exceeds anything and everything this world has to offer. We now have the power we were once lacking, available through our relationship with Our Lord Jesus Christ. He gives us all the strength and power we need to be victorious in all our daily struggles.

### **Colossians 1:28**

*28So everywhere we go, we tell everyone about Christ. We warn them and teach them with all the wisdom God has given us, for we want to present them to God, perfect in their relationship to Christ. 29I work very hard at this, as I depend on Christ's mighty power that works within me.*

Copyright © 2005 New Life Spirit Recovery, Inc. All rights reserved.  
Written permission is required to use any materials.

Written by Robert T. Tucker, MCC, CDAAC, RAS  
CEO/President of New Life Spirit Recovery, Inc.



**NEW LIFE SPIRIT RECOVERY, INC.**

*Christ Centered Substance Abuse Treatment*

18652 FLORIDA STREET, SUITE 245 • HUNTINGTON BEACH, CA 92648 • 714.841.1906