

# LESSON 9

## DOUBLE MINDEDNESS VS. TRUSTWORTHY

### *Introduction*

Doublemindedness makes us unstable and tossed to and fro. It causes confusion and instability. Then we can be easily blown off course and end up on a turbulent sea of raging waters and be pushed towards an ocean of consequences. Doubt makes us double-minded. Double mindedness makes us unstable. Instead, be intentional, like a sea captain, and chart your course.

*James 1:6-8 (6) But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. (7) That man should not think he will receive anything from the Lord; (8) he is double-minded man, unstable in all he does.*

### *Lesson*

1) The greatest skill you will learn is to say “no” to yourself. Build your stamina. Practice consistently being honest in the little things.

*Luke 16:10 “Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.”*

2) Don’t trust your own thinking.

*Proverbs 12:15 The way of a fool seems right to him, but a wise man listens to advise.*

3) Unravel confusion by asking the Lord for your teachers.

*Isaiah 30:20-21 (20) Although the Lord gives you the bread of adversity and the water of affliction, your teachers will be hidden no more, with your own eyes you will see them. (21) Whether you turn to the right or to the left, your ears will hear a voice behind you saying, “This is the way; walk in it.”*

4)Ask Yourself:

- Is this a responsible decision?
- Will this help me attain my goals in recovery?

- Will this harm anyone else?
- Am I being impulsive or selfish?
- Have I asked for counsel from mature, trusted leaders?

### *Exercise*

Identify your good counselors. Identify your trusted teachers.

### *Application*

Double mindedness is painful and sometimes causes us to make irrational, impulsive decisions. This may include running from painful recovery work. It may require us to be accountable for foolish decisions and accepting hard consequences.

If you don't know what decision to make, DON'T DO ANYTHING UNTIL IT BECOMES CLEAR! What circumstances are causing you to be distracted and anxious? What would it look like to become responsible in all the small areas of your life?

### *Principle*

**Focus on the destination and not the distractions.**

### *Conclusion*

Don't doubt that you can recover. Do the work. Place boundaries on your behaviors. Submit to authority. Return and apologize often. Build a trustworthy character that you and others can depend on.

**The Lord is my Rock and my fortress, and my deliverer; my God, my strength, in whom I trust.**

**Psalm 18:2**