

A Guide To The 12 Steps

Learning to walk the Recovery Road
one step at a time and one day at a time.

New Hope Ministry Resources
Box 852, Lucerne, Ca 95458
707.739.7043 / 707.349.9890
paul@nhmresources.org
www.biblestudydevotions.com

STEP ONE

We admitted we were powerless over the effects of our separation from God and that our lives had become unmanageable.

GOAL: Steps one, two and three have the goal of being restored and reconciled to God.

STEP ONE is about recognizing our brokenness.

RELATED SCRIPTURE: 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 7:17)

DISCIPLINE: Submission

STEP TWO

Came to believe that a power greater than ourselves could restore our inner peace.

STEP TWO is about the birth of faith in us.

GOAL: Gaining faith that leads to peace with God

RELATED SCRIPTURE: For it is God who works in you to will and to act according to his good purpose. (Philippians 2:13)

DISCIPLINE: Steps two and three deal with the concept of conversion

STEP THREE

Made a decision to turn our will and our lives over to the care of God as we understood Him.

STEP THREE involves a decision to let God be in charge of our lives.

GOAL: Reconciled and at Peace with God.

RELATED SCRIPTURE: Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices. Holy and pleasing to God - which is your Spiritual worship. (Romans 12:1)

DISCIPLINE: Conversion

STEP FOUR

Made a searching and fearless moral inventory of ourselves.

STEP FOUR involves self-examination.

GOAL: The goal of steps four through seven is peace with ourselves through restored relationships.

RELATED SCRIPTURE: Let us examine our ways and test them, and let us return to the Lord. (Lamentations 3:40)

DISCIPLINE: Confession

STEP FIVE

Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

STEP FIVE is the discipline of confession.

GOAL: Opening the door for restoration.

RELATED SCRIPTURE: Therefore confess your sins to each other and pray for each other so that you may be healed. (James 5:16)

DISCIPLINE: Confession

STEP SIX

Were entirely ready to have God remove all these defects of character.

STEP SIX is an inner transformation sometimes called repentance.

GOAL: Becoming willing for God to remove our defects and restore our peace

RELATED SCRIPTURE: Humble yourselves before the Lord, and he will lift you up. (James 4:10)

DISCIPLINE: Repentance

STEP SEVEN

Humbly asked Him to remove our shortcomings.

STEP SEVEN involves the transformation or purification of our character.

GOAL: Restore peace and be reconciled to God.

RELATED SCRIPTURE: If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

DISCIPLINE: Repentance

STEP EIGHT

Made a list of all persons we had harmed and became willing to make amends to them all.

STEP EIGHT involves examining our relationships and preparing ourselves to make amends.

GOAL: Being restored to peace with others

RELATED SCRIPTURE: Do unto others as you would have them do to you. (Luke 6:31)

DISCIPLINE: Amends

STEP NINE

Made direct amends to such people wherever possible, except when to do so would injure them or others.

STEP NINE is the discipline of making amends

GOAL: Remove obstacles to Peace with others

RELATED SCRIPTURE: Therefore, if you are offering your gift at the altar and there remember that you brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer you gift. (Matthew 5:23-24)

DISCIPLINE: Amends

STEP TEN

Continued to take personal inventory and, when we were wrong, promptly admitted it.

STEP TEN is about maintaining progress in recovery

GOAL: Maintaining our restored relationship of peace with God and others.

RELATED SCRIPTURES: So, if you think you are standing firm, be careful that you don't fall (1 Corinthians 3:16)

DISCIPLINE: Maintenance

STEP ELEVEN

Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.

STEP ELEVEN involves the spiritual disciplines of prayer and meditation.

GOAL: Growing deeper in our relationship to God and the process of continued reconciliation.

RELATED SCRIPTURES: So let the word of Christ dwell in you richly. (Colossians 3:16)

DISCIPLINE: Prayer

STEP TWELVE

Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

STEP TWELVE is about ministry.

GOAL: Providing opportunity for others to join the lifetime process restoration and reconciliation.

RELATED SCRIPTURE: Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)

DISCIPLINE: ministry

It is our desire that this guide to the 12 step process becomes a vital part of your recovery. As you grow in your journey of faith you will find much strength from what you learn from this booklet.

We have other resources available to you. Please visit our site at:

<http://www.biblestudydevotions.com/recovery.html>