

Quest Curriculum

180°

Volume 1



STEP 1

We admitted we were powerless over our addictions and compulsive behaviors—that our lives had become unmanageable.

I know that 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**

Engage

*When we accept our powerlessness and take that first step out of our denial and into reality, we see there are very few things that we really have control over. Once we admit that by ourselves we are powerless we can stop living with the following serenity robbers, spelled out in the acrostic **POWERLESS**.*

PRIDE Ignorance + power + pride = a deadly mixture.

ONLY IFS Our only ifs in life keep us trapped in the fantasyland of rationalization.

WORRY Worrying is a form of not trusting God enough.

ESCAPE By living in denial we may have escaped into a world of fantasy and unrealistic expectations of ourselves and others.

RESENTMENTS Resentments act like an emotional cancer if they're allowed to fester and grow.

LONELINESS Loneliness is a choice. In recovery and in Christ, you never have to walk alone.

EMPTINESS You know that empty feeling deep inside. The cold wind of hopelessness blows right through it.

SELFISHNESS We often pray: "Our Father which art in heaven; give me, give me, give me."

SEPARATION Some people talk about finding God, as if He could ever get lost!

In addition to stopping certain behaviors, start doing these two things:

1. Start admitting your powerlessness: As you work this step, you will see that by yourself you do not have the power to change. With His help, you can.
2. Start admitting that your life has become unmanageable; you can finally start admitting that some or all areas of your life are out of control.

Key Verses for Step 1

Pride ends in a fall, while humility brings honor. **Proverbs 29:23**

So don't be anxious about tomorrow. God will take care of your tomorrow too. Live one day at a time.

Matthew 6:34

Jesus said, 'My purpose is to give life in all its fullness.' **John 10:10**

Examine Your Heart

1. In what ways has your pride stopped you from asking for and getting the help you need to overcome your hurts?
2. How have you tried to escape your pain in the past?
3. Describe the emptiness you may feel now, or list some ways that you may have found to fill it?

Prayer

Dear God, I know that I cannot fix myself. It seems the harder that I try to do the right thing, the more I struggle. Lord, I want to step out of my denial and into the truth. I pray for you to show me the way. In your Son's name. Amen.

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STEP 2

We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to His good purpose. **Philippians 2:13**

Engage

In the first step, we admitted we were powerless. Now in the second step, we come to believe God exists, that we are important to Him, and that we are able to receive God's power to help us recover. It's in the second step we find HOPE.

Our Higher Power has a name: Jesus Christ! Jesus desires a hands-on, day-to-day, moment-to-moment relationship with us. He can do for us what we have never been able to do for ourselves. Throughout our lives, we will continue to encounter hurts and trials that we are powerless to change. With God's help, we need to be open to allow those trials to change us. To make us better, not bitter.

In the past, we have wanted to change and were unable to do so. We could not free ourselves from our hurts. We now come to understand that God's power can change us and our situation.

Remember you are only at the second step. Don't quit before the miracle happens. With God's help, the changes that you have longed for are just steps away.

How do we find HOPE? By faith in our Higher Power, Jesus Christ.

Key Verses for Step 2

Our Higher Power tells us, "My grace is enough for you: for where there is weakness, my power is shown the more completely." **2 Corinthians 12:9**

For I can do everything God asks me to with the help of Christ who gives me the strength and the power. **Philippians 4:13**

Lead me; teach me; for you are the God who gives me salvation. I have no hope except in you. **Psalms 25:5**

Examine Your Heart

1. Before taking this step, where were you trying to find hope?
2. In what areas are you now ready to let God help you?
3. How can your relationship with your Higher Power, Jesus Christ, help you step out of your denial and face reality?

Prayer

Dear God, help me to be open to the hope that I can only find in Him. Please help me to start living my life one day at a time. In your Son's name I pray, Amen

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STEP 3

We made a decision to turn our will and our lives over to the care of God.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. **Romans 12:1**

Engage

After taking the first two steps we can still be stuck in the cycle of failure: guilt -> anger -> fear -> depression. How do we get unstuck? How do we get past the barriers of pride, fear, guilt, worry, and doubt that keep us from taking this step? The answer is we need to take **ACTION**.

Accept Jesus Christ as your Higher Power and Savior. Make the decision to ask Jesus into your heart. Now is the time to commit your life, to establish that personal relationship with Jesus that he so desires.

Commit to seek and follow HIS will. We need to change our definition of willpower: Willpower is the willingness to accept God's power. There is no room for God if we are full of ourselves.

Turn it Over. "Let go; let God." Turn over all the big things and the little things in your life to your Higher Power. Jesus Christ wants a relationship with ALL of you. What burdens are you carrying that you want to TURN OVER to God?

It's Only the Beginning. In the third step we make only the initial decision, the commitment to seek and follow God's will. Our walk with our Higher Power, Jesus Christ, begins with this decision and is followed by a lifelong process of growing as a Christian.

One Day at a Time. Recovery happens one day at a time. If we remain stuck in the yesterday or constantly worry about tomorrow, we will waste the precious time of the present. We can only change our hurt, hang-ups and habits in the present.

Next: How do I ask Christ into my life? Ask yourself the following four questions; 1. Do I believe Jesus Christ died on the cross for me and showed He was God by coming back to life? 2. Do I accept God's free forgiveness or my sins? 3. Do I desire to switch from my plan to God's plan? 4. Do I express my desire to Christ to be the director of my life?

Key Verse for Step 3

If you confess with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. **Romans 10:9**

Teach me to do your will, for you are my God; may your good Spirit lead me on level ground. **Psalms 143:9-10**

Come to me and I will give you rest, all of you who work so hard beneath a heavy yoke, for it fits perfectly, and let me teach you; for I am gentle and humble, and you shall find rest for your souls. **Matthew 11:28-30**

Examine Your Heart

1. How has relying on your own understanding caused problems in your life? Be specific.
2. What is stopping you from asking Jesus Christ into your heart as your Lord and Savior? (If you have already asked Christ into your life, describe your experience).
3. What does the declaration of not guilty in Romans 3:22 mean to you?

Prayer

Dear God, I ask that you help me to start to think less about me and my will. I want to daily turn my will over to you, to see your direction and wisdom for my life. Please continue to help me overcome my hurts and habits and may that victory over them help others as they see your power at work in changing my life. Help me to do your will always. In Jesus' name I pray, Amen.

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STEP 4

We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the LORD. **Lamentations 3:40**

Engage

How do I start?

Although there are a variety of inventory guide forms available, we've included Celebrate Recovery's form in this handout. It is divided into five sections. It will help you keep focused on reality and recall events that you may have repressed. Remember, you are not going through this alone. You should have a support team (sponsor) to guide you, but even more important, you are growing in your relationship with Jesus Christ!

Column 1: "The Person"

List the person or object you resent or fear. Resentment is mostly unexpressed anger and fear.

Column 3: "The Effect"

In this column write down how that specific hurtful action affected your life. In the past and your present.

No matter how you have been hurt, no matter how lost you may feel, God wants to comfort and restore you.

Column 2: "The Cause"

It has been said that "hurt people hurt people." List the specific actions that someone did to hurt you. What did the person do to cause you resentment and/or fear?

Column 4: "The Damage"

Which of your basic instincts were injured? Social (broken relationships, slander), Security (physical safety, financial loss), Sexual (abusive relationships, damaged intimacy).

Column 5: "My part"

You need to ask yourself, "What part of my resentment against another is my responsibility?" Ask God to show you your part. In addition, list all the people whom you have hurt and how you hurt them.

Please note: If you have been in an abusive relationship, you can find great freedom in this part of the inventory. You see that you had NO part or responsibility for the cause of the resentment. By writing the words "none" or "not guilty" in column 5, you can begin to be free from the shame and guilt you've carried with you.

Keep your inventory balanced. List both the good and the bad! As God reveals the good things that you have done in the past, or are doing in the present, list them on the reverse side of your worksheet.

Key Verses for Step 4

Get rid of all bitterness, rage, anger, brawling and slander, along with every form of malice. **Ephesians 4:31**

Fear not, for I am with you. Do not be dismayed, I am your God. I will strengthen you; I will help you; I will uphold you with my victorious right hand. **Isaiah 41:10**

Examine me, O God, and know my mind; test me, and discover if there is any evil in me and guide me in the everlasting way. **Psalms 139:23-24:**

Examine Your Heart

1. What are your personal goals when it comes to completing your 4th Step?
2. What areas of your life have you been able to turn over to your Higher Power, Jesus Christ?
3. How have you attempted to place the blame on someone else? (Be specific).

Prayer

God, grant me the Serenity to accept the things I cannot change... Courage to change the things I can and Wisdom to know the difference. Amen.

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STEP 5

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

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

Engage

After writing an inventory, we must deal with what we've written. The first way we do that is confess our sins to God. He wants us to come clean by first confessing to Him, and second by sharing with another person. This step begins to restore our confidence and our relationships and allow us to move on from our "rearview mirror" living. Think of the word confess this way; The "CON" is over. We need to follow God's direction on how to confess our wrongs. Four very positive things start to happen after we "FESS" up.

Face the truth.

Recovery requires honesty. After we complete this step we can allow the light of God's truth to begin to heal us. We stop denying our true feelings.

Ease the pain.

You've all heard it; "We are only as sick as our secrets." When we share our deepest secrets we divide the pain and the shame. We begin to see a healthy self-worth develop, one that is no longer based on the world's standards, but on those of Jesus Christ.

Stop the blame.

We cannot find peace and serenity if we continue to blame ourselves or others. Our secrets have isolated us from each other. They have prevented intimacy in all our relationships.

Start accepting God's forgiveness.

Once we accept God's forgiveness we can look others in the eye. We understand ourselves

Key Verses for Step 5

He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. **Proverbs 28:13**

All of us have sinned; yet now God declares us not guilty if we trust in Jesus Christ, who freely takes away our sins.

Romans 3:23

Examine Your Heart

1. What value do you see in confessing, in coming clean of the wreckage of your past?
2. As you obey God's direction for confession, what results do you expect God to produce?
3. After you complete this step, you will find four areas of your life begin to improve. You will be able to face the truth, ease the pain, stop the blame, and start accepting God's forgiveness. In what areas of your life will each of the four positive changes help your recovery?
 - I can be honest with...
 - I can ease my pain by...
 - I can stop blaming...
 - I can accept God's forgiveness because of...

Prayer

Dear God, I ask that You fill me with Your peace and strength during my sharing of my inventory. I know that You have forgiven me for my past wrongs, my sins. Thank you for sending Your Son to pay the price for me, so my sins can be forgiven. Help me to be humble and completely honest. In Your Son's name I pray, Amen.

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STEP 6

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

Humble yourselves before the Lord, and He will lift you up. **James 4:10**

Engage

What does it mean to be entirely ready to have God remove our character defects?

Release Control

God doesn't force his will on you. He waits for you to invite Him in! When you do this, you need to be entirely ready, willing to let God into every area of your life. He won't come in where He is not welcomed. It has been said that willingness is the key that goes into the lock and opens the door that allows God to begin to remove your character defects. These steps are not quick fixes. You need to allow time for God to work in your life. This step goes further than helping you to stop doing wrong. It goes after the very defect that causes you to sin. It takes time!

Seeing the need for change and allowing the change to occur are two different things. This step will not work if you are still trapped by your self-will. You need to be ready to accept God's help throughout the transition. You spent a lot of time with your old habits and obsessions. When God removes one, you need to replace it with something positive, such as meetings, church, service, and volunteering. If you don't, you open yourself for a negative character defect to return.

Your old self-doubts and low self-esteem may tell you that you are not worthy of the growth and progress that you are making in this program. Yield to the growth it is the Holy Spirit's work within you.

Key Verse for Step 6

Help me to do your will, for you are my God. Lead me in good paths, for your Spirit is good. **Psalms 143:10**

Commit everything you do to the Lord. Trust him to help you do it and he will. **Psalms 37:5**

Examine Your Heart

1. What areas of your life are you still holding on to, attempting to control them on your own power?
2. Explain the differences in seeing a need for change and bring entirely ready to accept positive change in your recovery.
3. It is very important that you allow God to replace your character defects with positive changes. What are some of the positive changes that you could make in your recovery? In your family? In your job?

Prayer

Dear God, thank You for taking me this far in my recovery journey. Now I pray for Your help in making me be entirely ready to change all my shortcomings. Give me the strength to deal with all of my character defects that I have turned over to You. Allow me to accept all the changes that You want to make in me. Help me be the person that You want me to be. In Jesus' name I pray, Amen.

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STEP 7

We humbly asked Him to remove all our shortcomings.

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**

Engage

Your character defects were not developed overnight, so don't expect them to be instantly removed. Recovery happens one day at a time! Your lifelong hurts and habits need to be worked on in twenty-four-hour increments.

You've heard the old cliché: "Life by the yard is hard; life by the inch is a cinch." Jesus said the same thing: "So don't be anxious about tomorrow, God will take care of your tomorrow too. Live one day at a time." Matthew 6:34

God tells us that when we live in the past with its mistakes and regrets, life is hard. When we try to live in the future, with its unknown problems and fears, life is hard. But when we live in 'today', this moment, one day at a time, life is not hard.

Once you ask God to remove your character defects, you begin a journey that will lead you to new freedom from your past. Don't look for perfection, instead rejoice in steady progress. What you need to see is "patient improvement." As long as you place self-reliance first, true reliance on Jesus Christ is impossible. You must voluntarily submit to every change God want you to make in your life and humbly ask Him to remove your shortcomings. God is waiting to turn your weaknesses into strengths. All you need to do is humbly ask!

Key Verses for Step 7

Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. **Matthew 11:28**

God give strength to the humble, so give yourselves humbly to God. Resist the devil and he will flee from you. And when you draw close to God, God will draw close to you. **James 4:6**

Examine Your Heart

God's Word teaches us that real change comes from the changing of our minds. We must take the positive action required to follow God's directions. List the actions that you need to take to begin working on your defects of character.

ACTION PLAN

Defect of character: _____

I need to stop doing: _____

I need to start doing: _____

Prayer

Dear God, show me our will in working on my shortcomings. Help me not to resist the changes that You have planned for me. I need You to "direct my steps." Help me stay in today, not get dragged back into the past or lost in the future. I ask You to give me the power and the wisdom to make the very best I can out of today. In Christ's name I pray, amen.

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STEP 8

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

Do to others as you would have them do to you.
Luke 6:31

Engage

Do you know the three kinds of forgiveness? To be completely free from your resentments, anger, fears, shame, and guilt, you need to give and accept forgiveness in all areas of your lives. If you do not, your recovery will be stalled and thus incomplete.

Have you accepted God's forgiveness?

Have you really accepted Jesus' work on the cross? By His death on the cross all your sins were cancelled paid in full! He exclaimed from the cross, "It is finished" (John 19:30).

Have you forgiven others who have hurt you?

You must let go of the pain of the past harm and abuse caused by others. Until you are able to release it and forgive it, it will continue to hold you prisoner. You may not have thought about this before, but you may owe God amends. Remember that the harm that others did to you was from their free will, not God's will.

NOTE: If you have been the victim of sexual abuse, physical abuse, or childhood emotional abuse or neglect we're truly sorry for the pain you have suffered! We also hope that you'll understand that you will not find peace and freedom from your perpetrator until you are able to forgive that person. Remember, forgiving him or her in no way excuses the harm done against you. Forgiveness will allow you, however, to be released from the power that person had over you.

Have you forgiven yourself?

You may feel that the guilt and shame of your past is just too much to forgive. This is what God wants you to do with the darkness of your past: "Come, let's talk this over! Says the Lord; no matter how deep the stain of your sins, I can take it out and make you clean as freshly fallen snow. Even if you are stained as red as crimson, I can make you white as wool! If you will only let me help you" (Isaiah 1:18-19).

Key Verses for Step 8

After you have borne these sufferings a very little while, the God of all grace, who has called you to share his eternal splendor through Christ, will himself make you whole and secure and strong. **1 Peter 5:10**

Therefore, there is now no condemnation for those who are in Christ Jesus. **Romans 8:1**

Examine Your Heart

1. How could these three types of forgiveness help you when it comes to making your list?
2. As you look at these three types of forgiveness, which one of them is the easiest for you to accept? Which one is hardest?
3. Is there someone who need to forgive this week? Ask God for the wisdom and courage to do this.

Prayer

Dear God, I believe you sent Your Son, Jesus, to die for my sins so I can be forgiven. Please put Your Spirit in me, to direct me toward those I need to forgive and those I need to make amends to. Help me to become honest and open to the names that need to be on my list. Amen.

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STEP 9

We made direct amends to such people whenever possible, except when to do so would injure them or others.

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

Engage

To complete Step 9 we must make our amends, make restitution, offer our forgiveness, but most of all, we must receive and model Jesus' freely given gift of grace.

Grace cannot be bought. It is a freely given gift by God to you and me. When we complete Step 9, we are to offer our amends and forgiveness and expect nothing back.

We cannot work our way into heaven. Only by professing our faith in Christ as our Savior can we experience His grace and have eternal life. It is only through our faith in Christ that we can find the strength and courage needed for us to make our amends and offer our forgiveness.

God loved us while we were still sinning. Grace is the love that gives, that loves the unlovely and the unlovable. We can love others because God first loved us, and we can also forgive others because God first forgave us.

Jesus loves us so much that He died on the cross so that all our sins, all our wrongs, are forgiven. He paid the price and sacrificed Himself for us so that we may be with Him forever. We also need to sacrifice our pride and our selfishness. We must speak the truth in love and focus on our part in making amends or offering forgiveness.

Once you have accepted Jesus Christ as your Lord and Savior, God's gift of grace is forever.

Key Verses for Step 9

All need to be made right with God by his grace, which is a free gift. They need to be made free from sin through Jesus Christ. **Romans 3:24**

Prepare your minds for service and have self-control. All your hope should be for the gift of grace that will be yours when Jesus Christ is shown to you. **1 Peter 1:13**

In Christ we are set free by the blood of his death, and so we have forgiveness of sins. How rich is God's grace. **Ephesians 1:7**

Examine Your Heart

1. How has Jesus used your weaknesses and turned them into strengths?
2. How can you model God's gift of grace in making your amends?
3. In what ways have you experienced God's grace in your own recovery?

Prayer

Dear God, thank You for Your love, for Your freely given grace. Help me model Your ways when I make my amends to those I have hurt and offer my forgiveness to those who have injured me. Help me to set aside my selfishness and speak the truth in love. I pray that I would focus only on my part, my responsibility in the issue. I know that I can forgive others because you first forgave me. Thanks for loving me. In Jesus' name I pray, Amen.

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STEP 10

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

So, if you think you are standing firm, be careful that you don't fall! **1 Corinthians 10:12**

Engage

In Step 10, we begin to apply what we have discovered in the first nine steps: We humbly live in reality, not denial; we have done our best to make amends for our past; we desire to grow daily in our new relationships with Jesus Christ and others. God has provided us with a daily checklist for our new lifestyle. It's called the Great Commandment: Matthew 22:37-40.

James 1:22 encourages us: "Don not merely listen to the word, and so deceive yourselves. Do what it says." When we practice the Great Commandment, we become doers of God's Word, living examples of Christ. Our walk lines up with our talk! The apostle Paul lived that way. He says in 1 Thessalonians 1:5, "Our very lives were further proof to you of the truth of our message."

The following are three ways to do a Step 10 inventory:

Ongoing

We can do this periodically throughout the day. The best time to admit we are wrong is the exact time that we are made aware of it! Why wait? We need to make amends ASAP! We will sleep a lot better at night!

Daily

At the end of each day we need to look over our daily activities, the good and the bad. We need to search for where we might have harmed someone or where we acted out of anger or fear. The best way to do this is to keep a journal. As promptly as we can, we need to admit mistakes and make amends.

Periodic

Every three months, get away for a mini-retreat. Bring your daily journal with you. Pray and read your daily entries. Ask God to show you areas in your life that you can improve over the next 90 days and the victories that you have made in the last 90 days!

Key Verses for Step 10

Intelligent people think before they speak; what they say is then more persuasive. **Proverbs 16:23**

A wise, mature person is known for his understanding. The more pleasant his words, the more persuasive he is. **Proverbs 16:21**

Examine Your Heart

1. What is your daily action plan with Step 10?
2. What are the recurring events or issues that you constantly need to make amends for?

Prayer

Dear God, thank You for today. Thank You for giving me the tools to work my program and live my life differently, centered in Your will. Lord, help me to make my amends promptly and ask for forgiveness. In all my relationships today, help me to do my part in making them healthy and growing. In Your Son's name I pray, Amen.

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STEP 11

We sought, through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

Let the Word of Christ dwell in you richly.
Colossians 3:16

Engage

One of the greatest ways to work Step 10 and to prevent relapse is to maintaining an attitude of gratitude, through our constant communication with God, by studying his Word.

In our prayers this week focus on your gratitude toward God, others he has placed in your life, your recovery, and your church.

Be thankful to God

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." Philippians 4:6

"Let us give thanks to the Lord for his unfailing love and wonderful deeds for men." Psalm 107:15

Be thankful for others

"Let the peace of Christ keep you in tune with each other, in step with each other. None of this going off and doing your own thing. And cultivate thankfulness. Let the word of Christ, the message, have the run of the house." Colossians 3:15

Be thankful for your recovery

"As for us, we have this large crowd of witnesses around us. So then, let us rid ourselves of everything that gets in the way, and the sin which holds on to us so tightly, and let us run with determination the race that lies before us." Hebrews 12:1

Be thankful for your church

"Enter the Temple gates with thanksgiving." Psalm 100:4

Examine Your Heart

1. Do you find it especially easy or difficult to seek prayer and meditation regularly?
2. Which of these four areas do you tend to give thanks for most often?
3. Why do you think it's important for you to maintain an attitude of gratitude in your recovery?

Prayer

Father, we ask that you guide and direct our thinking throughout our day. We pray that we turn to you whenever we face indecision, anxiety, or fear, so that you will show us your will. We pray that we remain in conscious contact with you so that we will better know your will for our lives. Amen.

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STEP 12

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

Brothers and sisters, if someone is caught in a sin, you who are spiritual should restore that person gently. But watch yourself, or you also may be tempted. **Galatians 6:1**

Engage

When you reach this step you are ready to say “YES” to service:

Yield myself to God. In this step we learn that we need to yield ourselves to God to be used to bring this Good News to others, both by our example and words.

Example is what’s important. Your walk needs to match your talk because your lifestyle reflects what you believe.

Serve others as Jesus Christ did. When you have reached this step, you are ready to pick up the Lord’s towel, the one with which he washed the disciples’ feet in the upper room.

So, how can YOU say YES?

1. Be an accountability partner: Look for someone who will agree to encourage and support you as you work through the steps. You agree to do the same for that person. You hold one another accountable for working an honest program.
2. Be a sponsor: Sponsors are people who have worked the steps. Their job is to guide newcomers on their journey through the program, to give a gentle nudge when they are procrastinating or slow them down when they are rushing through a step. Sponsors do so by sharing their personal journey on their road to recovery.
3. Be involved in Quest 180 and/or your church: there are many opportunities for service in this recovery ministry and in your church.

Remember: You can’t keep it unless you give it away!

Key Verses for Step 12

Let us not love with words or tongue, but with actions and in truth. **1 John 3:18**

Arouse the love that comes from a pure heart, a clear conscience, and a genuine faith. **1 Timothy 1:5**

And since I, the Lord and Teacher, have washed your feet, you ought to wash each other’s feet. I have given you an example to follow: do as I have done to you. **John 13:14-15**

Examine Your Heart

1. Does your lifestyle show others the patterns of the world—selfishness, pride, and lust? Or does it reflect the love, humility, and service of Jesus Christ?
2. If you knew that you couldn’t fail, what would you like to do most for God in helping others?
3. In the words of Step 12, how will you practice these principles in all your affairs?
4. What serving opportunities at Quest 180 interest you the most?

Prayer

Dear Jesus, as it would please you, bring me someone today whom I can serve. Amen.

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardships as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that you will make all things right if I surrender to your will; so that I may be reasonably happy in this life and supremely happy with you forever in the next. Amen.

The 12 Steps & Their Biblical Comparisons

STEP 1

We admitted we were powerless over our addictions and compulsive behaviors—that our lives had become unmanageable.

I know that 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](#)

STEP 2

We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to His good purpose. [Philippians 2:13](#)

STEP 3

We made a decision to turn our will and our lives over to the care of God.

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. [Romans 12:1](#)

STEP 4

We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the LORD. [Lamentations 3:40](#)

STEP 5

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

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

STEP 6

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

Humble yourselves before the Lord, and he will lift you up. [James 4:10](#)

STEP 7

We humbly asked Him to remove all our shortcomings.

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](#)

STEP 8

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

Do to others as you would have them do to you. [Luke 6:31](#)

STEP 9

We made direct amends to such people whenever possible, except when to do so would injure them or others.

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

STEP 10

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

So, if you think you are standing firm, be careful that you don't fall! [1 Corinthians 10:12](#)

STEP 11

We sought, through prayer and meditation, to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

Let the Word of Christ dwell in you richly. [Colossians 3:16](#)

STEP 12

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

Brothers and sisters, if someone is caught in a sin, you who are spiritual should restore that person gently. But watch yourself, or you also may be tempted. [Galatians 6:1](#)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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