

Quest Curriculum

180°

Volume 2



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

Paul Explains Powerlessness: Romans 7

When Paul wrote his letter to the Romans, which contains the Biblical comparison to Step 1, he could have been talking to each of us who struggles with addiction and/or compulsive behaviors:

But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. O, what a miserable person I am! Who will free me for this life that is dominated by sin and death?

Romans 7:23-24

There were so many times we promised to change. We really wanted to stop doing the things that were hurting us and those we loved. We were so miserable that we just wanted to be free from our addictions and compulsive behaviors, but just like Paul said, there is a power that makes us a slave to our sin and until we admit we are powerless over it, no true change can begin.

I don't really understand it myself, for I want to do what is right, but I don't do it. Instead, I do what I hate. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.

Romans 7:15 & 19

These words written by Paul, 2,000 years ago, describe perfectly the unmanageable nature of our sin. We want to do what is good, but continue to do what is wrong and in the process, we don't understand why we can't fix it—why we can't just stop. Until we admit we are powerless and our lives are unmanageable, we cannot move on to the next step and accept Christ's saving grace.

Key Verses for Step 1

When we were controlled by our old nature, sinful desires were at work within us, and the law aroused these evil desires that produced a harvest of sinful deeds resulting in death. But now we have been released from the law, for we died to it and are no longer captive to its power. **Romans 7:5-6**

Examine Your Heart

1. Why is there power in admitting powerlessness?
2. In what ways were you a slave to sin? In what ways have you experienced freedom?

Prayer

Dear God, most powerful creator of the universe, I am nothing without you. Time and again, I've proven I am weak to sin. I've tried on my own to do what is right and I've failed. I need Your help to keep my life and my actions focused on the good you have in store for me. Please be with me to move my focus from sin and place it on You. 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

Paul's Call to Humility: Philippians 2

Philippians is a letter from Paul to the followers of Christ in Philippi around 49 A.D. Paul uses this as an opportunity to encourage these new believers to rejoice regardless of the circumstances and to urge them to be humble as they continued to spread the Word of Christ. Paul points to Jesus himself for an example of humility:

You must have the same attitude that Christ Jesus had. Though, he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross. Therefore, God elevated him to the place of highest honor and gave him the name above all other names, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue declare that Jesus Christ is Lord, to the glory of God the Father. **Philippians 2:5-11**

What a testament to the Second Step—through the humility of Jesus Christ, we find a power greater than ourselves—the greatest Power of all. To accept this step and its healing promise, we must also humble ourselves.

Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. **Philippians 2:1-4**

When we come to believe in Christ as the Supreme Power great enough to assist us, we enter into a fellowship with other believers who have a common mind to support each other and grow in God's spiritual grace. Through the humility of Step 2 and this Biblical comparison, God can work in us to will and act according to his purpose just as this biblical comparison says.

Some reading this might not yet be a Christ follower and quite possibly even question the existence of a God. That is okay. God can meet you where you are as long as you stay willing, honest, and open minded. (Cited from *Alcoholics Anonymous*, page 568, Third Edition)

Examine Your Heart

1. Do you find it easy or difficult to believe in God?
2. What are some examples of how your faith in a power greater than yourself or Jesus Christ has begun to restore your sanity?

Prayer

Dear Lord, my addictions, compulsive behaviors and other sin has brought insanity and unmanageability to my life. I can't fix it and I need you. Please help create, restore and replenish my faith in you. I promise Lord I will look for you and signs of your presence in my daily life. 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

Romans 12: An Expression of God's Will

Romans 12, the chapter containing the Biblical comparison for Step 3, shows us God's will for our lives and offers a road map to make the changes he desires in us.

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. **Romans 12:2**

The command to not copy the behavior and customs of this world means we may need to make some pretty drastic changes in our relationships, activities, and priorities to work this step. Our choices when practicing our addictions and other compulsive behaviors caused harm to us and others we love, and it may be difficult to make those changes God wants in our lives. But as long as we let God transform us, we can then learn God's will for our lives and act accordingly. Take some time this week to read through the entire chapter of Romans 12. It reviews the following points of how God wants us to display his will in our lives.

- | | | | |
|-----------------|---------------|------------------|-------------------|
| • Humility | • Honesty | • Acceptance | • Live in Harmony |
| • Use of Gifts | • Service | • Faith | • Love Your Enemy |
| • Encouragement | • Teaching | • Generosity | • Support Others |
| • Kindness | • Leadership | • Brotherly Love | |
| • Helpfulness | • Hospitality | • Hard Work | |

If we are considering doing something that doesn't fit into this list, we should ask ourselves, "Is this my will or God's will?"

Key Verse for Step 3

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. **Galatians 5:22-23**

Examine Your Heart

1. Turning our will over to God is at times a daily challenge. Is there something in your life you are having a hard time turning over?
2. Do you see God at work in your life? If so, in which areas? Which characteristics in Galatians 5:22-23 do you see most evident in your life? Which "fruit of the Spirit" would you like to see improvement on?

Prayer

Dear Lord, I commit to turn my will and life over to you. Forgive me of my sins and I ask that you fill me with the fruit of your Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control so that I may do your will always. 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

Examine Our Ways

Lamentations, the book of the Bible that the biblical comparison for Step 4 is found, was written by the prophet Jeremiah after the destruction of Jerusalem around 586 B.C. This book shows the humility and pain felt by the Israelites exiled to Babylon. These pages are filled with soul searching and a moral inventory, of how this destruction was the result of their own prideful choices—much like when we write our own fourth step.

The title of this book comes from the word “lament” which means a passionate expression of grief or sorrow. Common synonyms for lament are sob, moan, weep, wail and cry. As we fearlessly search through our moral inventory, it can bring up many negative emotions. We might grieve for what could have been. We probably will have regrets for what we’ve done. We will feel sorrowful which may cause us to weep, cry and even sob as we note various transgressions in our inventory.

All of this can be a very healthy part of the process. The tears and lamentations can provide the cleansing we need to wash this past away and begin anew.

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me. Yet this I call to mind and therefore I have hope: Because of the LORD’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness. I say to myself, “The LORD is my portion; therefore, I will wait for him. **Lamentations 3:19-24**

In the above passage, Jeremiah shows us an excellent example of expressing pain to God. In the midst of his agony, Jeremiah found one ray of hope despite the destruction around him—God’s love never ceases! As you work through your fourth step, share your fears, regrets, and anger with God. He is the Great Comforter. God accepted Jeremiah as he was—angry, tired, and discouraged. He will accept you, your feelings, and all parts of your moral inventory too.

Key Verses for Step 4

But I called on your name, LORD, from deep within the pit. You heard me when I cried, “Listen to my pleading! Hear my cry for help!” Yes, you came when I called; you told me, “Do not fear.” **Lamentations 3:55-57**

Examine Your Heart

1. Being fearless in our fourth step means facing negative emotions stirred up from our inventory. Is there any other fears you have as you consider working this step?
2. Do you feel comfortable sharing your negative emotions with God? Why or why not?

Prayer

Dear Lord, I know you love and accept me just as I am, but there are parts of my past that I regret and cause me to feel shameful. So Lord, please guide me and give me strength. If you are with me, I will not fear. Please offer me comfort and strength to look at my moral inventory as you see it. In Jesus name we pray. 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

Confessions to a Brother

James, the author of the book where the biblical comparison for Step 5 is found, is believed to be the half-brother of Jesus. Can you imagine if your brother told you he was the Messiah; that he was sent here from heaven to save the world? Chances are you are thinking, "No way—I don't believe it!"

The same was true of James. Many biblical scholars believe, and there is documented proof in the Bible, that James did not become a Christ follower until after Jesus' resurrection, but once he did, James became an important pillar in the new church. As you read through the book of James, you will find that he puts forth practical lessons for a life of faith. James encourages people to act like a child of God and that followers of Jesus should be recognizably different than others in society.

So you see, faith by itself isn't enough. Unless it produces good deeds, it is dead and useless. **James 2:17**

Our fifth step opens the door to a bright, new life of faith. It gives us an opportunity to leave the past behind and walk through to a beautiful and wonderful world with Christ unencumbered by the negativity of our past. Through Step 5 we are healed, reborn—made anew!

Perry Noble of Second Chance Church in South Carolina, openly speaks about his addiction to porn. He committed himself to Christ in 1990 and as he got more involved in the church, the guilt of his addiction weighed on him. He tried to shake it, he prayed about it, he tried to turn it over, but still he could not break free. It was not until he told a close friend of his addiction that the stronghold of his addiction was finally broken. Perry speaks of this process in his sermons and always encourages anyone suffering with sin to tell someone. When we share our sin with God and another person, it brings into the light what Satan would prefer to keep in the dark.

Key Verses for Step 5

But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. **James 1:22**

Examine Your Heart

1. Do you have someone in your life you feel you can do your 5th Step with?
2. Admitting the exact nature of our wrongs is a humbling process that can deepen our faith. Why is admitting this to God so important?

Prayer

Dear Lord, you already know my sins and my wrongdoings. In spite of all this, you still love me and accept me as I am. Please give me the strength and courage to look at my past and honestly share it with someone else so that I can further let you into my life to continue to heal me and make me into the person you created me to be. Thank you, Jesus, it is in your name we 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

Protection in Humility

Step 6 seems to be a paradoxical statement—something that is seemingly contradictory, but nonetheless possibly true. After all, who wouldn't want defects of character removed? These are defects; by definition, they aren't good. The logical thought is, "Of course one would want defects removed so we should all be ENTIRELY READY immediately, right?" But for many of us, that is simply not the case.

Generally, defects of character have kept us safe and protected, but they've also kept us stuck. They've been our safety net to save us from our fears and insecurities. To let them go means we are now more vulnerable, and we need a new skill set to keep us safe. That is where God comes into the picture. As the biblical comparison states, with humility, we need to turn to him as our protector and guide trusting that he will make all things right when we surrender these defects to him.

So humble yourselves before God. Resist the devil, and he will flee from you. Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. Humble yourselves before the Lord, and he will lift you up in honor. **James 4:7-10**

By humbling ourselves, it allows God to come in and make the changes we need to fulfill his will in our lives, but make no mistake, this step uses some very strong words—entirely and all. There isn't much wiggle room to cling to our defects. When we turn our lives over to Christ, we are entirely ready to give all of ourselves to him. A common Step 6 prayer is, "Jesus, make me like you." In doing so, all our defects begin to slip away.

Key Verse for Step 6

But the wisdom from above is first of all pure. It is also peace loving, gentle at all times, and willing to yield to others. It is full of mercy and the fruit of good deeds. It shows no favoritism and is always sincere. And those who are peacemakers will plant seeds of peace and reap a harvest of righteousness. **James 3:17-18**

Examine Your Heart

1. Are there any defects of character that are particularly difficult to let go of? Is there anything the group can do to assist you in this process?
2. How can you see God making changes in your life and removing these defects?

Prayer

Dear Jesus, you are the perfect one. In your brief time on earth, you modeled all of the things I now want to be—loving, generous, kind, accepting, honest, true, self-sacrificing. Please do a work in me to remove my defects of character and replace them with your loving grace. I want to be more like you Jesus and I humble my heart to you. 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

Living in the Light

John wrote this letter, which later became 1 John, early in the new church when many were unsure what Christ really called us to do. They were questioning, "What does it really mean to be a follower of Jesus?" During this time, the New Testament of the Bible was not yet compiled and there were many who were false prophets. John wrote this letter to illustrate what Jesus wants us to do and how to know his will for our lives.

So we are lying if we say we have fellowship with God but go on living in spiritual darkness; we are not practicing the truth. But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. **1 John 1:6-7**

If we continue to behave the way we did when we were practicing our addiction or compulsive behaviors, we are not doing what Jesus calls us to do. We must leave that old life behind and all the negative behaviors that kept us stuck in our sin. Jesus calls us into the light. Humbly asking that he remove our shortcomings, gives his healing grace an opportunity to come into our lives and ultimately purify us from all unrighteousness.

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts. **1 John 1:8-10**

How easy is it for us to be in denial of our sin? Justifying our actions is how we and Satan kept us stuck in a pattern of hurtful and potentially toxic behaviors. This step simply says we should humbly ask Him to remove our shortcomings. From there, God can shine a light into our lives to begin the work we desperately need to fully follow his will in our lives and continue to heal from our addictions and compulsive behaviors.

Key Verses for Step 7

But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin. **1 John 1:7**

Examine Your Heart

1. In what ways are you seeing God work in your life and change you?
2. Are there any shortcomings you find particularly difficult to let go of?

Prayer

Dear Lord, I will never fully be of use to you until I let go absolutely. Please do with me what you will. Taking my shortcomings from me and replacing them with your healing grace. I want to be all You intended me to be; and to be of full usefulness to you and to my fellows. In Jesus' name we 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

Love Your Enemies

After having taken our personal inventory and humbled ourselves to remove our shortcomings, we are set to take further action by attempting to right our wrongs. Jesus gives us some strong advice on how to do so during his Sermon on the Mount:

But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. Bless those who curse you. Pray for those who hurt you. **Luke 6:27-28**

As we make our list of all those we harmed, we must also include those with whom we have a difficult relationship or those who have hurt us as well. This can be very hard to do, but we need to clean the slate entirely to show ourselves as a new creation in Christ.

If you love only those who love you, why should you get credit for that? Even sinners love those who love them! And if you do good only to those who do good to you, why should you get credit? Even sinners do that much! **Luke 6:32-33**

To fully work a program and to show that a miraculous change is happening within us, we need to do the very hard work of being different than the way we used to be by becoming willing to make amends even in the most difficult of situations. Remember this step says, "...became willing...". It's a process toward willingness and with mindful prayer, God can help prepare us for these very important amends.

Key Verses for Step 8

Love your enemies! Do good to them. Give to them without expecting to be repaid. Then your reward from heaven will be very great, and you will truly be acting as children of the Most High, for he is kind to those who are unthankful and wicked. You must be compassionate, just as your Father is compassionate. **Luke 6:35-36**

Examine Your Heart

1. It can be so very difficult to make amends with those who have hurt us. Is there anything the group can do to help you become willing?
2. Do you have any encouraging stories about the amends process? If so, please share with the group.

Prayer

Dear Lord, I want to show the other people in my life the same grace you have offered me. As I make my list of all the people I have harmed, please help me to become willing to make the amends that I need to without considering any of the wrongs committed against me. I want to show your grace and love through me. Please help me do so. In Jesus' holy name we pray. 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

Making Peace

Therefore, if you are offering your gift at the altar and there remember that your 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 your gift.

Matthew 5:23-24

The process of bringing a gift to the altar could take days or maybe even weeks in ancient times. It wasn't as if there were sacred altars in every small community. People would pack up and make a pilgrimage in order to make their offering to God to be forgiven of their sins. So when Jesus suggested to the crowd that they should leave the offering there to go all the way back to make amends to their brother first, it was a tough process to commit to, but the only way we can be right with God is to be right with the people in our life first.

When you are on the way to court with your adversary, settle your differences quickly. Otherwise, your accuser may hand you over to the judge, who will hand you over to an officer, and you will be thrown into prison. And if that happens, you surely won't be free again until you have paid the last penny. **Matthew 5:25-26**

These verses could be used as a metaphor of our addictions or compulsive behaviors. If we do not settle our differences quickly, making amends whenever possible, we might find ourselves back in the prison of our addiction or compulsive behavior. And, as this verse illustrates, we may not be free again until we have paid every last penny. Making peace and righting our wrongs is necessary for lasting sobriety and freedom from our compulsive behaviors as well as our spiritual fitness. When considering your amends, it is important to remember, you are only responsible for the effort—not the outcome.

Key Verses for Step 9

But anyone who obeys God's laws and teaches them will be called great in the Kingdom of Heaven. **Matthew 5:19b**

God blesses those who work for peace, for they will be called children of God. **Matthew 5:9**

Examine Your Heart

1. Is there anyone in your life with whom you are struggling to make amends? Is there anything this group can do to help you?
2. Amends is more than just an apology. What are some real and tangible things you are doing to make things right for the people in your life?

Prayer

Dear Lord, I want to make things right for the wrongs I have committed, but sometimes making amends is hard work. My addiction and compulsive behaviors were so humbling. I know I need you through this process. I want to show others the work you are doing in my life and in my heart. Making these amends are part of the healing process. Please guide me and offer me strength to do the work necessary to fix the wrongs I committed. Thank you Jesus. 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

Lessons from Israel

I don't want you to forget, dear brothers and sisters, about our ancestors in the wilderness long ago. All of them were guided by a cloud that moved ahead of them, and all them walked through the sea on dry ground. **1 Corinthians 10:1**

For the ancient Israelites, it seems that taking a personal inventory was a far easier process than it might be for us today. After all, God, in the form of a cloud, literally guided them along aiding them in their search and feeding them along the way, but still they sinned.

Yet God was not pleased with most of them, and their bodies were scattered in the wilderness. These things happen as a warning to us, so that we would not crave evil things as they did. **1 Corinthians 10:5-6**

Being human in a sin filled world isn't easy, but for those of us in the Program, our sin can have deadly consequence. To fulfill our promise to Christ, we must continue to take our inventory and when wrong, promptly admit it, and God faithfully promises to help us.

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure. **1 Corinthians 10:13**

Key Verses for Step 10

You say, "I am allowed to do anything"—but not everything is good for you. You say, "I am allowed to do anything"—but not everything is beneficial. Don't be concerned for your own good but for the good of others.

1 Corinthians 10:23-24

Examine Your Heart

1. Taking a personal inventory is a continuous process. When do you routinely fit this in your schedule?
2. Promptly admitting our wrong requires first realizing it. What process do you go through for your personal inventory?

Prayer

Heavenly Father, I know you are walking with me to help and to guide me, but sometimes I fail to see my sin. Please help me to examine my thoughts, feelings, and actions so that I can immediately admit my wrongs. I want to be more like you, and it is only through a continued personal inventory that I can see where I have failed you and where I am making improvements. Please continue to light my way. In Jesus' name we 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

Living the New Life

Colossians is a letter from Paul and Timothy to God's holy people in Colossae around 62 A.D. The beginning prayer in chapter 1 is a beautiful testament to the 11th Step:

We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding. Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better. We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need. May you be filled with joy. **Colossians 1:9-11**

Paul and Timothy wrote this letter because the new Christians in Colossae were confused as to how they should behave as Christ followers and what truly was God's will for their lives. Colossians acts as a guideline to focus in with mindful prayer to how Christ wants us to live and to leave our old sinful nature behind.

Think about the things of heaven, not the things of earth. For you died to this life, and your real life is hidden with Christ in God. **Colossians 3:2-3**

As this verse reminds us, our old life of addiction and compulsive behavior died away when we made our decision in the 3rd Step to turn our will and our lives over to the care of God, and our real life is hidden with Christ in God. Through the prayer and meditation of Step 11, we seek to find him, his will for our lives, and the power to carry it out.

Key Verse for Step 11

Since God chose you to be the holy people he loves, you must clothe yourselves with tenderhearted mercy, kindness, humility, gentleness, and patience. **Colossians 3:12**

Examine Your Heart

1. Do you have a routine for prayer and meditation? How do you improve your conscious contact with God?
2. Determining God's will for our lives can be difficult. What are some ways you know you are acting in his will?

Prayer

Heavenly Father, Great and Awesome Creator of the Universe, my life is in your hands. I commit to do your will and will seek you in thoughtful prayer. Please make the direction for my life clear to me as I try to do the things you want me to do. My life is in your hands and I am grateful for all you have done for me. In Jesus' name we pray. 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

We Harvest What We Plant

If we have applied ourselves to this program, the hard work of all of the other steps has created a change in us. Our greater connection to God has heightened our spiritual awareness and all of this will motivate us to share the message with others. Being a member of a Christ-centered 12 step recovery program is a two-fold responsibility. One is to be responsible to carry this message to others suffering in addiction or their family members: "I am Responsible. When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there. And for that; I am responsible." (1965 A.A. International Convention in Toronto) For those in the program also committed to Christ, we are also responsible to share the gospel and Jesus' saving grace.

So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up. Therefore, whenever we have the opportunity, we should do good to everyone—especially to those in the family of faith. **Galatians 6:9-10**

There are so many people we can help with our very own story of recovery—those still suffering in an addiction or compulsive behavior, their family members and friends, or anyone far from God. Our lives are a testament to the healing power of Christ and his amazing life changing grace. By sharing your story and your time with someone in need, you plant a seed for a future harvest. Your story of hope is one of the most amazing gifts you can ever give someone and it costs you nothing but a little time, so may you never tire of doing what is good.

Key Verse for Step 12

What counts is whether we have been transformed into a new creation. May God's peace and mercy be upon all who live by this principle; they are the new people of God. **Galatians 6:15b-16**

Examine Your Heart

1. In what ways have you carried this message to others? What more can you do?
2. How is your spiritual connection? What do you consider as your spiritual experiences?

Prayer

Dear Lord, I am your hands and feet here on Earth. Please help me be aware of those in need so that I can plant the seeds that only you can harvest. You saved my life, and Lord, please help me to save the lives of others. You have done so much for me, and I want to offer that same healing grace to others. Please help me to share your message of hope and healing. In Jesus' name we pray. 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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