



The 12 Steps: Biblical Disciplines for Personal Growth

PEACEFUL LIVING	COMES FROM ACTING ON BASIC BIBLICAL TRUTHS	STRUCTURED INTO A PROGRAM FOR DAILY LIFE
LIVING AT PEACE WITH GOD	<p>1. Step 1 is about recognizing our brokenness. "for i have the desire to do what is good, but cannot carry it out." Romans 7:17</p> <p>2. Step 2 is about the birth of faith in us. "if you have faith as small as a mustard seed, you can say to this mountain, 'move from here to there' and it will move. Nothing will be impossible for you." Matthew 17:20</p> <p>3. Step 3 involves a decision to let God be in charge of our lives. "if anyone chooses to do God's will, he will find out whether my teaching comes from God..." John 7:17</p>	<p>We admitted that we were powerless over "_____" that our lives had become unmanageable.</p> <p>Came to believe that God through Jesus Christ could restore us to sanity.</p> <p>Made a decision to <u>turn our will and our lives over to the care of God.</u></p>
LIVING AT PEACE WITH OURSELVES	<p>4. Step 4 involves self-examination. "let us examine our ways and test them, and let us return to the lord." Lamentations 3:40</p> <p>5. Step 5 is the discipline of confession. "therefore, confess your sins to each other and pray for each other so that you may be healed." James 5:16</p> <p>6. Step 6 is an inner transformation sometimes called repentance, "humble yourselves before the lord, and he will lift you up." James 4:10</p> <p>7. Step 7 involves the transformation of "purification" of our character. "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</p>	<p>Made a searching and fearless moral inventory of ourselves.</p> <p>Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.</p> <p>Became ready to have God remove all these defects of character.</p> <p>Humbly asked him to remove our shortcomings through Christ.</p>



<p>LIVING IN PEACE WITH OTHERS</p>	<p>8. Step 8 involves examining our relationships and preparing ourselves to make amends, "for a man's ways are in full view of the lord, and he examines all his paths." Proverbs 5:21</p> <p>9. Step 9 is the discipline of making amends. "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</p> <p>10. Step 10 is about growing grace-full relationships. "therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling." Philippians 2:12</p>	<p>Made a list of all persons we had harmed and became willing to make amends to them all.</p> <p>Made direct amends to such people whenever possible, except when to do so would injure them or others.</p> <p>Continued to take personal inventory and, when we were wrong admitted it.</p>
<p>GROWING IN PEACE</p>	<p>11. Step 11 involves the spiritual disciplines of prayer and meditation. "is any one of you in trouble? He should pray." James 5:13. "blessed is the man who... (delights) in the law of the lord, and on his law, he meditates day and night." Psalms 1: 1 – 2</p> <p>12. Step 12 is about ministry. "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</p>	<p>Sought through prayer and meditation to improve our conscious contact with God through Christ, praying for knowledge of his will for us and the power to carry that out.</p> <p>Having had spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in our lives.</p>

Enforce Recall
Feeling takes me out of reality