



Biblical References for 12 Steps of A.A. Program

1. WE ADMITTED WE WERE POWERLESS OVER ALCOHOL —THAT OUR LIVES HAD BECOME UNMANAGEABLE.

- 1) "Whose heart is filled with anguish and sorrow? Who is always fainting and quarreling? Who is the man with bloodshot eyes and many wounds? It is the one who spends long hours in the taverns, trying out new mixtures. Don't let the sparkle and smooth taste of strong wine deceive you. For in the end it bites like a poisonous serpent; it stings like an adder. You will see hallucinations and have delirium tremens, and you will say foolish things that would embarrass you no end when sober. You will stagger like a sailor tossed at sea, clinging to a swaying mast. And afterwards you will say "I didn't know it when they beat me up... Let's go and have another drink." Prov. 23:29-35 L.B.
- 2) "Know ye not, that whom ye yield yourselves servants to obey, his servants ye are." To whom ye obey: whether of sin unto death, or of obedience unto righteousness." Romans 6:16 K.J.V.
- 3) "While they promise them liberty, they themselves are the servants of corruption: For of whom a man is overcome, of the same is he brought in bondage." II Peter 2: 19 K.J.V.
- 4) "Jesus answered them, verily, verily, I say unto you, whosoever committeth sin is the servant of sin." John 8:34 K.J.V.
- 5) "So I say, live by the Spirit, and you will not gratify the desires of your sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you cannot do what you want. But if you are led by the Spirit, you are not under the law. The Acts of the sinful nature are obvious: sexual immorality, impurity and debauchery, idolatry and witchcraft; selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God." Gal. 5:16-21 N.I.V.
- 6) "Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise." Prov. 20:1 K.J.V.



2. CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

- 1) "For it is God that worketh in you both to will and to do of his good pleasure." Phil. 2:13 K.J.V.
- 2) "They reel to and fro, and stagger like a drunken man, and are at their wits end. Then they cry unto the Lord in their trouble, and he bringeth them out of their distresses. He maketh the storm a calm, so that the waves thereof are still. Then are they glad because they be quiet; so he bringeth them unto their desired haven." Ps. 107:27-30 K.J.V.
- 3) "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make your paths straight." Prov. 3:5-6 N.A.S.
- 4) "The fear (reverence) of the Lord is the beginning of wisdom; a good understanding have all those who do his commandments." Ps. 111:10 N.A.S.
- 5) "I have been crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me." Gal. 2:20. K.J. V.

3. MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD HIM.

- 1) "But without Faith it is impossible to please him: For he that cometh to God must believe that He is, and that He is a rewarder of them that diligently seek Him." Heb. 11:6 K.J. V.
- 2) "So Jesus told them 'I am not teaching my own thoughts, but those of God who sent me. If any of you really determines to do God's will, then you will certainly know whether my teaching is from God or is merely my own.'" John 7:16-17 L.B.
- 3) "Although He made the world, the world didn't recognize Him when he came. Even in his own land and among his own people, the Jews, He was not accepted. Only a few would welcome and accept him. But to all who received him, he gave the right to become the children of God. All they needed to do was to trust him to save them. All those who believe are reborn! Not a physical rebirth resulting from human passion or plan - but from the will of God." John 1:10-13 L.B.



- 4) "If it seem evil unto you to serve the Lord, choose you this day whom ye shall serve; whether the gods which your father served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: But as for me and my house, we shall serve the Lord." Joshua 24:15 K.J.V.
- 5) "Seek the Lord while you can find him. Call upon him now while he is near. Let men cast off their wicked deeds; let them banish from their minds the very thought of doing wrong! Let them turn to the Lord that He may have mercy upon them, and to our God, for he will abundantly pardon!" Isaiah 55:6-7 K.J.V.

4. MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

- 1) "He that covereth his sins shall not prosper; but whoso confesseth and forsaketh them shall have mercy." Prov. 28:13 K.J.V.
- 2) "I acknowledged my sin unto thee, and my iniquity have I not hid. I said, will confess my transgressions unto the Lord; and thou forgavest the iniquity of my sin." Psalm 32:5 K.J.V.
- 3) "For if we would judge ourselves, we should not be judged." I Cor. 31:11 K.J.V.
- 4) "Check up on yourselves. Are you really Christians? Do you pass the test? Do you feel Christ's presence and power more and more within you? Or are you just pretending to be Christians when actually you aren't at all?" II Cor. 13:5 L.B.
- 5) "For I say, through the grace given unto me, to every man that is among you, not to think of himself more highly than he ought to think; But to think soberly, according as God hath dealt to every man the measure of faith." Romans 12:3 K.J.V.
- 6) "For if a man think himself to be something, when he is nothing, he deceiveth himself." Galatians 6:3 K.J.V.

5. ADMITTED TO GOD, TO OURSELVES AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

- 1) "Confess your faults one to another, and pray for one another, that you may be healed. The effectual fervent prayer of a righteous man availeth much." James 5:16 K.J.V.
- 2) "If we say that we have no sin, we are only fooling ourselves, and refusing to



accept the truth. But if we confess our sins to him, he can be depended on to forgive us and to cleanse us from every wrong. And it is perfectly proper for God to do this for us because Christ died to wash away our sins. If we claim we have not sinned, we are lying and calling God a liar, for He says that we have sinned." I John 1:8-10 L.B.

- 3) "If you have really heard his voice and learned from him truths concerning himself, then throw off your old evil nature - the old you that was partner in your evil ways - rotten through and through, full of lust and shame. Now your attitudes and thoughts must all be constantly changing for the better. Yes, you must be a new and different person, holy and good. Clothe yourself with this new nature." Ephesians 5:22-24 L.B.
- 4) "When he finally came to his senses, he said to himself, 'At home even the hired men have food enough and to spare, and here I am dying of hunger'. I will go home to my father and say, father I have sinned against both heaven and you, and am no more worthy of being called your son." Luke 15:17-19 L.B.
- 5) "There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. All day and all night your hand was heavy upon me, my strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them." Psalms 32: 3-5 L.B.

6. WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

- 1) "Until I finally admitted all my sins to you and stopped trying to hide them, I said to myself, I will confess them to the Lord. And He forgave me! All my guilt is gone! Now I say that each believer should confess his sins to God when he is aware of them, while there is time to be forgiven. Judgment will not touch him if he does." Psalm 32:5-6 L.B.
- 2) "Then I said, 'My doom is sealed, for I am a foul-mouthed sinner, a member of a sinful foul-mouth race; for I have looked upon the King, the Lord of heavenly armies.' Then one of the seraphs flew over to the altar and with a pair of tongs picked out a burning coal. He touched my lips with it and said 'Now you are pronounced "Not Guilty" because this coal has touched your lips. Your sins are all forgiven.'" Isaiah 6:6-7 L.B.



- 3) "But he gives us more and more strength to stand against all such evil longings. As the scripture says, God gives strength to the humble, but sits himself against the proud and haughty. 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. Wash your hands, you sinners, and let your hearts be filled with God alone to make them pure and true to him. Let there be tears for the wrong things you have done. Let there be sorrow and sincere grief. Let there be sadness instead of laughter, and gloom instead of joy. Then when you realize your worthlessness before the Lord, he will lift you up, encourage and help you." James 4:6-10 L.B.
- 4) "Search me, O God, and know my heart; test my thoughts. Point out anything you find in me that makes you sad, and lead me along the path of everlasting life." Psalm 139:23-24 L.B.
- 5) "Because of his kindness you have been saved through trusting Christ. And even trusting is not of yourselves; it too is a gift from God. Salvation is not a reward for the good we have done, so none of us can take credit for it. It is God himself who has made us what we are and given us new lives from Christ Jesus. Ephesians 2:8-10 L.B.

7. HUMBLY ASK HIM TO REMOVE OUR SHORTCOMINGS.

- 1) "Let us hear the conclusion of the whole matter: fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil." Eccl. 12:13-14 K.J.V.
- 2) "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; casting down imaginations, and everything that exalteth itself against the knowledge of God, and bringing into captivity every thought into the obedience of Christ." II Cor. 10:4-5 K.J.V.
- 3) "If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and forgive their sin, and heal their land." II Chronicles 7:14 K.J.V.
- 4) "But if we walk in the light, as He is in the light, we have fellowship one with another, and the blood of Jesus Christ, his Son, cleanses us from all sin." I John 1:7 K.J.V.



- 5) "Have mercy upon me, O God, according to thy loving kindness: according to the multitude of thy tender mercies blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin. For I acknowledge my transgressions: and my sin is ever before me...Create in me a clean heart, O God; and renew a right spirit within me." Psalm 51:1-3 & 10 K.J.V

8. MADE A LIST OF ALL PERSONS WE HAD HARMED, AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.

- 1) "When a man's ways please the Lord, he maketh even his enemies to be at peace with him." Proverbs 16:7 K.J.V.
- 2) "Wherefore putting away lying, speak every man truth with his neighbor: For we are members one of another. Be ye angry and sin not: Let not the sun go down upon your wrath, neither give place to the devil. Let him that stole steal no more; but rather let him labor, working with his hands the thing that is good, that he may have to give to him that needeth." Ephesians 4:25-27 K.J.V.
- 3) "Don't cause the Holy Spirit sorrow by the way you live. Remember he is the one that marks you present on that day when salvation from sin will be complete. Stop being mean, bad tempered and angry. Quarreling, harsh words, and dislike of others should have no place in your lives. Instead be kind to one another, forgiving one another, just as God has forgiven you because you belong to Christ." Eph. 4:30-31 L.B.
- 4) "Thou shalt not bear false witness against thy neighbor. Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his donkey, nor anything that is thy neighbors." Exodus 20:16-17 K.J.V.
- 5) "Forbearing one another, and forgiving one another, even as God for Christ's sake hath forgiven you." Col. 3:13 K.J.V.
- 6) "You have heard that it was said to the men of old, 'You shall not kill, and whosoever kills shall be liable to judgment.' But I say to you that everyone that is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says 'You fool!' shall be liable to the hell of fire. So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift before the altar and go; first be reconciled to your brother, and then come and offer your gift." Matt. 5:21-24 R.S.V.



9. MADE DIRECT AMENDS TO SUCH PEOPLE WHENEVER POSSIBLE EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

- 1) "Meanwhile, Zacchaeus, stood before the Lord and said, 'Sir, from now on will give half my wealth to the poor, and if I have overcharged anyone on his taxes, penalize myself by giving him back four times as much:' Jesus told him 'This shows that salvation has come to this house today.'" Luke 19:8-9 L.B.
- 2) "If someone mistreats you because you are a Christian, don't curse him; pray that God will bless him....never pay back evil for evil. Do things in such a way that everyone can see that you are honest clear through. Don't quarrel with anyone. Be at peace with everyone, just as much as possible." Romans 12:14 & 17-18
- 3) "Pay your taxes too, for these two reasons. For government workers need to be paid so that they can keep on doing God's work, serving you. Pay everyone whatever he ought to have: Pay your taxes and import duties gladly, obey those over you, and give honor and respect to all those to whom it is due. Pay all your debts except the debt of love for others — never finish paying that! For if you love them, you will be obeying all of God's laws, fulfilling all his requirements. If you love your neighbor as much as you love yourself you will not want to harm or cheat him, or kill him or steal from him. And you won't sin with his wife or want what is his, or do anything else the Ten Commandments say is wrong. All ten are wrapped up in this one, to Love your neighbor as you love yourself." Romans 13:6-9 L.B.
- 4) "Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, among whom you shine as lights in the world." Phil. 2:14-15 R.S.V.
- 5) "Do not be overcome by evil, but overcome evil with good." Romans 12:21 K.J.V.

10. CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WRONG, PROMPTLY ADMITTED IT.

- 1) "Wherefore let him that thinketh he standeth take heed lest he fall." I Cor. 10:13.



- 2) "Behold what manner of love the Father hath bestowed upon us, that we should be called the Sons of God: therefore the world knoweth us not, because it knew him not. Beloved, now we are the Sons of God, and it doth not yet appear what we shall be: But we know that when He shall appear, we shall be like him; for we shall see him as he is. And every man that hath this hope in him purifieth himself, even as he is pure." I John 3:1-3 K.J.V.
- 3) Every way of man is right in his own eyes, but the Lord weighs the heart." Proverbs 21:2 R.S.V.
- 4) "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any wicked way in me, and lead me in the way everlasting!" Psalms 139:23-24 R.S.V.
- 5) "Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye?" Luke 6:41 R.S.V.

11. SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTAND HIM, PRAYING ONLY FOR KNOW-LEDGE OF HIS WILL FOR US AND THE POWER TO CARRY THAT OUT.

- 1) "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, Holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: But be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God." Romans 12:1-2 K.J.V.
- 2) "Do you want more and more of God's kindness and peace? Then learn to know him better and better. For as you know him better, he will give you, through his great power, everything you need for living a truly good life: he even shares his own glory and his own goodness with us! And by that same mighty power he has given us all the other rich and wonderful blessings he promised; for instance, the promise to save us from lust and rottenness all around us, and to give us his own character. But to obtain these gifts, you need more than faith; you must also work hard to be good, and even that is not enough. For then you must learn to know God better and discover what he wants you to do. Next learn to put aside your own desires so that you will become patient and godly, gladly letting God have his way with you. This will make possible the next step, which is for you to enjoy other people and to like them, and finally you will grow



to love them deeply. The more you go on this way, the more you will grow strong spiritually and become fruitful and useful to our Lord Jesus Christ. But anyone who fails to go after these additions to faith is blind indeed, or at least very shortsighted, and has forgotten that God delivered him from the old life of sin so that now he can live a strong, good life for the Lord.

So dear brothers, work hard to prove that you are really among those God has chosen, and then you will never stumble or fall away." II Peter 1:2-10 L.B.

- 3) "Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor seateth in the seat of the scornful. But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." Psalm 1:1-3 K.J.V.
- 4) "That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power to us-ward who believe, according to the working of his mighty power." Ephesians 1:17-19 K.J.V.
- 5) "Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of hands of the presbytery. Meditate upon these things; give thyself wholly to them; that they profiting may appear to all. Take heed unto thyself, and unto the doctrine; continue in them: For in doing so thou shall both save thyself, and them that hear you." I Timothy 4:14-16 K.J.V.

12. HAVING HAD A SPIRITUAL AWAKENING AS A RESULT OF THESE STEPS, WE TRIED TO. CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.

- 1) "Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God." II Cor. 1:3-4 K.J.V.
- 2) "We then who are strong ought to bear the infirmities of the weak, and not to please ourselves. Let every one of us please his neighbor for his good to edification." Romans 15:1-2 K.J.V.



- 3) "And He told his disciples, 'I have been given all authority in heaven and on earth. Therefore go and make disciples in all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teach these new disciples to obey all the commands I have given you; and be sure of this — that I am with you always, even to the end of the world.'" Matthew 28:18-10 L.B.
- 4) "Then I heard the Lord asking, 'Whom shall I send as a messenger to my people? Who will go?' and I said, 'Lord I will go'. Send me.'" Isaiah 6:8 L.B.
- 5) "When someone becomes a Christian he becomes a brand new person inside. He is not the same anymore. A new life has begun! All these new things are from God who brought us back to himself through what Christ Jesus did. And God has given us the privilege of urging everyone to come into his favor and be reconciled to him. For God was in Christ, restoring the world to himself, no longer counting men's sins against them but blotting them out. This is the wonderful message he has given us to tell others. We are Christ's Ambassadors." II Cor. 5:17-20 L.B.
- 6) "The Spirit of the Lord God is upon me, because the Lord has anointed me to bring good news to the suffering and afflicted. He has sent me to comfort the broken-hearted, to announce liberty to the captives and to open the eyes of the blind. He has sent me to tell those who mourn that the time of God's favor to them has come, and the day of his wrath to their enemies. To all who mourn in Israel will he give: Beauty for ashes;
Joy instead of mourning
Praise instead of heaviness.
For God has planted them like strong and graceful oaks for his own glory. And they shall rebuild the ancient ruins, repairing cities long ago destroyed, reviving them though they have lain there many generations. Foreigners shall be your servants; they shall feed your flocks and plow your fields and tend your vineyards. You shall be called Priest of the Lord, Ministers of our God." Isaiah 61:1-6 L.B.
- 7) "Not that we are sufficient of ourselves to think anything as of ourselves; but our sufficiency is of God; who also hath made us able ministers of the New Testament; not of the letter, but of the Spirit: for the letter killeth but the Spirit giveth life." II Cor. 3:5-6 K.J.V.



- 8) "Ye have not chosen me, but I have chosen you, and ordained you, that you should go and bring fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give it to you." John 15:16 K.J.V.
- 9) "Go home to your friends, and tell them how much the Lord has done for you, and how He has had mercy on you." Mark 5:19 R.S.V.
- 10) "And the King will answer them 'truly, I say unto you, as you did it to one of the least of these my brethren, you did it unto me.'" Matt. 25:40 R.S.V.