



12 STEPS TO RECOVERY

STARTING WITH DECISION

1. **ADMIT YOUR NEED.** We admit that life has become unmanageable, and that we're powerless over our addictions, compulsive behavior, and life direction.

Romans 7:18 **I know that nothing good lives in me, that is, in my sinful nature.[a] For I have the desire to do what is good, but I cannot carry it out.**

2. **FIND NEW POWER.** We embrace the truth that it requires a Power greater than ourselves to restore us to sanity, and to set us free.

2 Corinthians 10:4 **the weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.**

3. **MAKE A DECISION.** We make a decision to choose life, and to turn our lives and our wills over to the care of God more and more as we know him deeper.

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

SEARCHING MY SELF

4. **TAKE INVENTORY.** We make a searching and fearless inventory of our lives and our hearts...to map the DNA of our addictions.

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

5. **ADMIT YOUR ADDICTION TO OTHERS.** We admit to God, ourselves, and another human being the exact nature of our failures, and the burdens we've been carrying alone.

James 5:16 **Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.**

6. **PREPARE FOR CHANGE.** We become entirely ready to have God forgive, restore, and redeem our lives, and help us live out of the new desires of our new heart.

2 Corinthians 5:17 **Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come.**

SEEKING HEALING AND CHANGE

7. **INVITE GOD TO RESTORE AND REDEEM YOUR LIFE.** We humbly ask Jesus to correct our wrong beliefs, and to change our lives from the inside out.

Romans 12:2 **Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.**

8. **IDENTIFY RESENTMENTS AND OFFENSES.** We make a list of all the people we've harmed, and those who have harmed us. Then, we determine to make amends to them all.

Hebrews 12:15 **See to it that no one misses the grace of God and that no bitter root grows up to cause trouble and defile many.**

9. **MAKE AMENDS.** We make direct amends to people we've harmed whenever possible, except when to do so would injure them or others.

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

STICKING WITH IT

10. **BE PREVENTATIVE.** We continue to take personal inventory, and proactively live out of our new heart. When we are wrong, we promptly admit it, and turn back to the truth and light.

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

11. **STAY CONNECTED WITH GOD.** We seek through listening prayer, Bible study, and heart transformation, to keep improving our relationship with God, seeking His presence, direction, and power in our lives.

John 8:31-32 **To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. 32Then you will know the truth, and the truth will set you free."**

12. **SHARE YOUR STORY OF REDEMPTION.** Having experienced a spiritual awakening as the result of these steps, we begin to carry this message of hope and healing to others, as we continue to apply the steps in every area of our lives.

2 Corinthians 1:4 **who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.**