

The 12 Steps used in most recovery groups

1. **Admit powerlessness:** We admitted we were powerless over _____, that our lives had become unmanageable.
2. **Find hope:** Believe that a power greater than ourselves could restore us to sanity.
3. **Surrender:** Made a decision to turn our will and our lives over to the care of God as we understand Him to be.
4. **Take inventory:** Made a searching and fearless moral inventory of ourselves.
5. **Share inventory:** Admit to God, to ourselves, and to another human being the exact nature of our wrongs.
6. **Become ready:** Were entirely ready to have God remove all these defects of character.
7. **Ask God:** Humbly asked Him to remove our shortcomings.
8. **List amends:** Make a list of all those we have harmed and make amends to them all.
9. **Make amends:** Make direct amends to such people wherever possible, except when to do so would injure them or others.
10. **Continue inventory:** Take a personal inventory, and when we were wrong, promptly admitted it.
11. **Pray and meditate:** Through prayer and meditation to improve our consciousness and connect with God. We do this to understand Him, praying only for His knowledge will give us the power to carry that out.
12. **Help others:** Having a spiritual awakening as the result of these steps, to carry this message to others and to practice these principles.

LIFE'S HEALING CHOICES

Recycling My Pain

Step 8 The Sharing Choice

Isaiah 57:18-19 GN **I have seen how they acted but, I will heal them. I will lead them and help them, and I will comfort those who mourn. I offer peace to all near and far.**

Matthew 5:3 **Blessed are those who know that they are spiritually poor. for theirs is the kingdom of heaven.**

Step 1 Realize I'm not God; I admit I am powerless to control my tendency to do the wrong thing and my life is unmanageable

Matthew 5:4 **Blessed are those who mourn, for they will be comforted.**

Step 2 Earnestly believe that God exists, that I matter to Him, and that He has the power to help me recover

Matthew 5:5 **Blessed are the meek, for they will inherit the earth.**

Step 3 Consciously choose to commit all my life and will to Christ's care and control

Matthew 5:8 **Blessed are the pure in heart, for they will see God.**

Step 4 Openly examine and confess my faults to myself, to God, and to someone I trust

Matthew 5:5 **Blessed are those whose greatest desire is to do what God requires. Blessed are those who hunger and thirst for righteousness, for they will be filled.**

Step 5 Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects

Matthew 5:7 **Blessed are the merciful, for they will be shown mercy.**

Matthew 5:9 **Blessed are the peacemakers, for they will be called children of God.**

Step 6 Evaluate all my relationships; offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others

Step 7 Reserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to do it

Matthew 5:10 **Blessed are those who are persecuted because they do what God requires.**

Step 8 Yield myself to God to be used to bring the good News to others by both my example and my words

Genesis 1:27 NIV **So God created mankind in his own image,**

Proverbs 20:30 GN **Sometimes it takes a painful situation to make us change our ways.**

2 Corinthians 7:9 NLT/LB **Now I am glad... not because it hurt you, but because the pain turned you to God and caused you to repent and change your ways.**

Jonah 2:7 **"When I had lost all hope I once again turned my thoughts to the Lord."**

2 Corinthians 1:8-10 NLT **We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. ⁹In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead.¹⁰ And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.**

Psalms 119:71 NLT **My suffering was good for me, for it taught me to pay attention to your decrees.**

2 Corinthians 1:4 NLT **God comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.**

Genesis 50:20 MSG **Don't you see, you planned to harm me but God used those same plans for good...**

1 Peter 3:15 NIV **Always be prepared to give an account to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect.**

Galatians 6:1-2 LB **"If someone is overcome by some sin...humbly help him back onto the right path, remembering that next time it might be you who**

is in the wrong. Share each other's troubles and problems, and so obey our Lord's commands."

Galatians 6:1-2 RSV **Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. ²Bear one another's burdens, and so fulfil the law of Christ.**

Acts 20:24 NLT **but my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus—the work of telling others the Good News about the wonderful grace of God.**

FOR REFLECTION AND DISCUSSION:

1. Was there an "ah-ha" or a "take-home" from the message today?
2. What has been the most significant lesson you have learned about yourself during this sermon series?
3. If you knew you wouldn't fail, what would you like to do most in helping others?
4. There is an adage, "what I give away I keep and what I keep I lose." How would you describe what that phrase means in light of the healing choices we've studied this fall?
5. Is there someone who comes to mind who you could either share your story with or serve this week?
6. What experiences have you had that God could use to minister to others?
7. During the course of your life, where have you served either in the community or the church?
8. What does the statement, "People don't care how much you know until they know how much you care" mean to you?
9. If you are not currently giving back by serving, what's stopping you?
10. Would you consider writing out your faith story and sharing it with the congregation at some point in the future?
11. If you've been a part of a 12-Step recovery program in the past, would you consider helping start a recovery program at New City? If so, contact bill@newcitychurchsb.org.