

# Biblical Helps for the Twelve Steps

Compiled by  
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*I. We admitted we were powerless over alcohol  
– that our lives had become unmanageable.*

**PROVERBS 23:29-35, excerpted**

Who has woe? Who has sorrow? Who has strife? ...Those who linger late over wine,... At the last it bites like a serpent, and stings like an adder... “They struck me,” you will say, “but I was not hurt; they beat me, but I did not feel it. When shall I awake? I will seek another drink.”

**ROMANS 7:15-24, excerpted**

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate ... I can will what is right, but I cannot do it... Who will rescue me from this body of death?

*II. Came to believe that a power greater than  
ourselves could restore us to sanity.*

**2 CORINTHIANS 12:8-9, excerpted**

... I appealed to the LORD about this, that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.” So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me.

**MARK 10:51-52, excerpted**

Then Jesus said to him, “What do you want me to do for you?” The blind man said to him, “My teacher, let me see again.” Jesus said to him, “Go; your faith has made you well.”

**EPHESIANS 3:18-20, excerpted**

I pray that...you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine...

**ISAIAH 12:2**

Surely God is my salvation; I will trust, and will not be afraid, For the LORD GOD is my strength and my might; he has become my salvation.

***III. Made a decision to turn our will and our lives over to the care of God as we understood Him.***

**ROMANS 12:1**

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

**ISAIAH 30:15-18, excerpted**

In returning and rest you shall be saved; in quietness and in trust shall be your strength... the Lord waits to be gracious to you...

**ISAIAH 55:6**

Seek the LORD while he may be found, call upon Him while he is near.

***IV. Made a searching and fearless moral inventory of ourselves.***

**ISAIAH 53:6, excerpted**

All we like sheep have gone astray; we have all turned to our own way...

**LAMENTATIONS 3:40-41**

Let us test and examine our ways, and return to the LORD. Let us lift up our hearts as well as our hands to God in heaven.

**PSALM 139:1-2**

LORD, you have searched me out and known me; you know my sitting down and my rising up; you discern my thoughts from afar.

***V. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.***

**1 JOHN 1:18**

If we say we have no sin, we deceive ourselves, and the truth is not in us.

**JAMES 5:16, excerpted**

Therefore confess your sins to one another, and pray for one another, so that you may be healed.

***VI. Were entirely ready to have God remove all these defects of character.***

**ISAIAH 1:18**

Come now, let us argue it out, says the LORD: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool.

**HEBREWS 4:16**

Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

***VII. Humbly asked Him to remove our shortcomings.***

**PSALM 51:1-2**

Have mercy on me, O God, according to your loving-kindness; in your great compassion blot out my offenses. Wash me through and through from my wickedness and cleanse me from my sin!

**PSALM 103:2-4**

Bless the LORD, O my soul, and forget not all his benefits. He forgives all your sins and heals all your infirmities; He redeems your life from the grave and crowns you with mercy and loving-kindness.

**1 JOHN 1:9**

If we confess our sins, he who is faithful and just will forgive us our sins and cleanse us from all unrighteousness.

***VIII. Made a list of all persons we had harmed, and became willing to make amends to them all.***

**PSALM 19:12-13**

Who can tell how often he offends? Cleanse me from my secret faults. Above all, keep your servant from presumptuous sins; let them not get dominion over me; then shall I be whole and sound, an innocent of a great offense.

**MATTHEW 7:12**

In everything do to others as you would have them do to you; for this is the law and the prophets.

**2 CORINTHIANS 5:18-19, excerpted**

All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation...entrusting the message of reconciliation to us.

***IX. Made direct amends to such people whenever possible, except when to do so would injure them or others.***

**MATTHEW 5:23-24**

So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.

**NUMBERS 5:6-7, excerpted**

When a man or a woman wrongs another, breaking faith with the LORD, that person...shall confess the sin that has been committed. The person shall make full restitution for the wrong...

**EPHESIANS 4:31-32**

Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you.

**X. *Continued to take personal inventory and when we were wrong promptly admitted it.***

**ROMANS 12:3**

For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

**PSALM 139:22-23**

Search me out, O God, and know my heart; try me and know my restless thoughts. Look well whether there be any wickedness in me and lead me in the way that is everlasting.

**1 CORINTHIANS 10:12-13**

So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

**XI. *Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of his will for us and the power to carry that out.***

**PSALM 25:1-4, excerpted**

To you, O LORD, I lift my soul; my God, I put my trust in you... Show me your ways, O LORD, and teach me your paths... in you have I trusted all the day long.

**PSALM 63:1-7, excerpted**

O God, you are my God; eagerly I seek you; my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water...When I remember you upon my bed, and meditate on you in the night watches...you have been my helper, and under the shadow of your wings I will rejoice.

**PSALM 19:14**

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O LORD, my strength and my redeemer.

**1 THESSALONIANS 5:16-18**

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

*XII. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*

**ISAIAH 61:1**

The Spirit of the Lord is upon me, because the LORD has anointed me; he has sent me to bring good news to the oppressed, to bind up the broken-hearted, to proclaim liberty to the captives, and release to the prisoners...

**GALATIANS 6:1-2**

My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfill the law of Christ.

**GALATIANS 6:9-10**

So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith.

**Psalms are from *The Psalter, Book of Common Prayer, 1979*; other Scripture from NRSV.**

**For further Bible reading, read the Psalms, The Gospels and the Letters of Paul and James.**

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